1) Motor Skills  Practice / Refresher
   a) Review checklist and equipment pre ride and post ride routines, load motors (30 min)
      i) Tire pressure check (25psi for 650’s, 32F 36R for 1150’s)
      ii) Oil level check on all bikes being ridden
      iii) Safety equipment check (helmet, gloves, boots, long pants)
      iv) Proper use of battery chargers
   b) Slow speed riding and control, warm up, set up patterns (150 min)
      i) Review clutch control versus rear brake use
      ii) Warm up in lot with controlled maneuvers
      iii) Set up Figure 8 pattern
      iv) Set up Eliminator pattern “W”
      v) Set up Brake and Evade Pattern
      vi) Set up Off Set Cone Weave
      vii) Practice and perform slow speed maneuvers in patterns
      viii) Clean up cones / breakdown
   c) Foothills and campus offroad riding (60 min)
      i) Perform and practice off pavement riding in foothills and Lake Lagunita
      ii) Perform and practice riding on ascending and descending grades
      iii) Practice safe slow speed maneuvers with pedestrians on narrow paths
      iv) Utilize gears to control speed in conjunction with brakes
   d) Breaks and Lunch (60 min)
   e) Street Riding (90 min)
      i) Utilize hand signals while riding for formations
      ii) Ride on road in varying conditions to practice multiple riding formations
         (1) Wide roadway (doubles)
         (2) Narrow roadway (single)
         (3) U-Turns
      iii) Practice different street apex’s
         (1) Regular apex (no other veh)
         (2) Late apex (for most street applications)
         (3) Early apex
   f) Team enforcement / End of ride de brief (30min-end of shift)
      (1) Enforcement on campus
      (2) De-brief
      (3) Put bikes away
      (4) Lube chains
      (5) Post ride checklist
      (6) Put safety equipment away