

Basic Motorcycle Training

130 Hour Course

Course outline

Day One (Mon.)

I. Introduction

- A. Instructor introduction
- B. Course outline
 - 1. Course objectives
 - 2. Completion requirements
- C. Distribution of training manual
- D. Techniques of instruction
 - 1. Lecture
 - 2. Demonstration
 - 3. Performance
- E. Student introductions
 - 1. Agency/Assignments
 - 2. Motorcycle experience

II. Orientation

- A. Definitions
 - 1. Balance
 - 2. Clutch/Throttle control
 - 3. Head and Eye Placement
 - 4. Coordination
 - 5. Confidence
 - 6. Judgment
- B. Evaluation Process
 - 1. Four mandatory exercises which must be passed
 - 2. A minimum of 70% of the remaining exercises must be passed
 - 3. Each exercise has an unacceptable/superior performance standard
 - 4. A minimum of 7 out of 10 attempts at each exercise rated “acceptable” to pass

III. Nomenclature

- A. General
 - 1. Characteristics of the motorcycle
 - 2. Nomenclature
 - 3. Function of the motorcycle
- B. Throttle
 - 1. Located on right side handle bar
 - 2. Turning grip handle outward or clockwise closes throttle
 - 3. Turning grip handle inward or counter clockwise opens throttle
 - 4. A warm engine should idle with the throttle closed

C. Clutch

1. Clutch lever is located on the left side handle bar
2. the clutch is disengaged by squeezing the lever
3. It engages by slowly releasing the lever to its extended position

D. Gear Shift

1. Transmission gears are shifted by a foot operated lever and possibly a back lever as well depending on the design
2. Pushing the forward lever down with the toe shifts the transmission to a lower gear
3. Pushing the front lever up with the toe shifts the transmission into the next higher gear, as does pushing a rear lever down
4. When in neutral a green light located on the instrument panel will come on

E. Fuel Tank

1. Unleaded gasoline should be used
2. Avoid filling in the rain or where heavy dust is blowing

F. Brakes/ABS

1. Front and rear brakes are hydraulic disc types
2. The brake reservoirs must be kept filled with brake fluid
3. Rear brake pedal is located on the right side
4. its applied by pushing down on the pedal
5. the front wheel brake is located on the right side handle bar
6. its applied by squeezing the lever toward the handle bar
7. Most police motorcycles have linked ABS brakes

G. Switches, Buttons, and Valves

1. the location will be shown and demonstrated by the instructor, followed by an explanation
 - a. Headlight high/low beam switch
 - b. Red emergency lights switch
 - c. Emergency flasher switch
 - d. Turn indicator switch
 - e. Horn button
 - f. Siren automatic Switch
 - g. Internal/External toggle switch for communication

H. Speedometer and Tachometer

1. Speedometer shows the speed of the motorcycle
- I. Odometer shows the total distance the motorcycle has been ridden
3. The odometer has a resettable trip meter
4. The tachometer shows the speed of the engine

I. Starting the engine

1. The stop engine switch should be centered
2. Turn the ignition switch on

3. Shift the motorcycle into neutral
4. Green neutral indicator should be lighted
5. Most police motorcycles have a button for electronic ignition

J. Oil

1. Check level daily

IV. Exercises

A. Gray area work

- I. Finding the area where the clutch engages
- II. Slightly releasing the clutch lever and opening the throttle
- III. Motorcycle moves forward but can be pushed back

B. Start/ Stop (Rear Brake only)

- I. Engaging the clutch through the clutch lever and opening the throttle to allow movement of the motorcycle
- II. Applying pressure to the rear brake pedal causing the motorcycle to come a full stop
- III. this exercise will be operated at very low speed

C. Left/Right Turns; U-Turns

- I. Turning the handle bars to the left forces the motorcycle to turn left
- II. Turning the handle bars to the right forces the motorcycle to turn right
- III. By either turning the handle bars to the right or left and holding in that position, the motorcycle can make a complete U-Turn

D. Combo Braking

- I. By applying the front and rear brake simultaneously bringing the motorcycle to a complete stop
- II. By releasing the throttle and pulling in the right brake lever and applying pressure the right brake foot pedal

E. Shifting

- I. Disengage by squeezing the clutch lever and pressing down of the foot shifter with toe to desired gear and releasing clutch lever slowly to engage the gear selection

F. Slow Cone Weave

- I. Weaving the motorcycle through a line of cones
- II. Staying within the pattern
- III. Objective is to not knock down or hit cones

G. Flat U-Turns

- I. the trainee begins with wide U-Turns to develop confidence in the characteristics of the motorcycle and his/her own skills
- II. Experiences lean factors of varying degree
- III. Develop a feel of the clutch and throttle control

H. Turning Course

- I. simulates a series of short accelerations incorporating U-Turns and 90 degree turns
- II. Trainee demonstrates an ability to coordinate clutch, throttle, and brakes in a smooth manner

I. Column Ride

- I. Develop skills when riding narrow two-lane roadways, single file, behind one or more riders
- II. When riders may be required to proceed in line through narrow openings
- III. Movement of large number of riders will be required on formal occasions

Day Two (Tues.)

- I. Review/Practice Exercises**
- II. Introduction of Day 2 Exercises**

A. Figure 8

1. Simulates turning the motorcycle in combination turns within a limited area
2. Develops the ability to control and balance the motorcycle

B. Circle

1. Completes two 360 degree revolution
2. Maintain balance, coordination, and proper eye placement

Day Three (Wed.)

- I. Review/Practice Exercises**
- II. Introduction of Day 3 Exercises**

- A. Intersection
 - 1. Maneuvering at slow speeds through U-Turns and 90 degree turns
 - 2. Warm up exercise stressing all basic riding skills
- B. Flat 90's
 - 1. Simulates turning right or left from a boxed-in position with an obstruction immediately in front of the rider
- C. 40 MPH Decel
 - 1. A rapid, but controlled , deceleration in traffic caused by an unexpected obstacle
 - 2. Exercises a smooth, controlled deceleration without locking the brakes

Day Four (Thur.)

- I. Review/Practice Exercises**
- II. Introduction of Day 4 Exercises**

- A. Cone Fall Away
 - 1. Coming to a complete stop, maintaining balance, and pulling away Without hitting an object directly in front of the motorcycle
- B. 45 Degree Pullouts
 - 1. Turning from a parked position against a curb
 - 2. Travel in opposite direction within a limited area
- C. "Hot" Laps
 - 1. Straight line smooth acceleration of motorcycle, then aggressive combo-braking (front/rear) prior to left/right direction laps

Day Five (Fri.)

- I. Review/Practice Exercises**
- II. Test/Evaluation Exercises**

- A. Test on Exercises:
 - 1. Slow Cone Weave
 - 2. Flat U-Turns
 - 3. Turning course

4. Figure 8
5. Circle

Day Six (Mon.)

- I. Review/Practice Exercises**
- II. Introduction to Day 6 Exercise**

- A. 30 MPH Cone Weave
 1. Simulates riding through moving/staggered traffic
 2. Accelerate to 30 MPH (+ - 2) – 3rd gear exercise

Day Seven (Tues.)

- I. Review/Practice Exercises**
- II. Introduction to Day 7 Exercise**

- A. The “W”
 1. Utilize clutch and throttle, head and eye placement, while turning the motorcycle in a series of tight circles
 2. Teaches trainee proper balance, coordination, and quick transitioning

Day Eight (Wed.)

- I. Review of Exercises**
- II. Introduction to Day 8 Exercises**

- A. Separator
 1. Incorporates a series of maneuvers designed to test all of the abilities of the trainee in one exercise : head/eye placement, clutch/throttle control, balance, coordination, brake control, lean factors
- B. Road Course
 1. Combines the element of all of the skills developed during the entire course
 2. Rider maneuvers through the course which simulates most turning situations encountered on the street on a daily basis

Day Nine (Thur.)

- I. Review/Practice Exercises**

Day Ten (Mon.)

- I. Review/Practice Exercises

Day Eleven (Tues.)

- I. Review/Practice Exercises

Day Twelve (Wed.)

- I. Review/Practice Exercises
- II. Pre Test

A. Pre test all exercises learned

Day Thirteen (Thur.)

- I. Review/Practice Exercises
- II. Final Test