

OHSO SAFE RIDER LEVEL I

CHECK IN / WELCOME / HOUSE KEEPING (08:00 – 09:00)

- Blue Tape
- Names
- Liability Waiver, Site Location Waiver, Oklahoma City Waiver, License and Insurance Check
- Restrooms, Coffee, Hydration, Tobacco use
- Introduction of Instructors
- Purpose of Course - Not to teach you how to ride, but a better approach.
- Advanced skills used by Motors Officers ▪ Head/Eyes ▪ Clutch / Throttle ▪ Posture ▪ Proper Use of Braking ▪ Surface Appraisal

RULES OF THE RANGE

- No Independent Riding
- Follow Instructors Between Exercises
- Hand Signals/ Siren/Whistle
- Headlight On
- If you have a stereo, please keep it turned off so you and others can clearly hear instructions.
- If you get frustrated, please do not run through your gears and redline your motorcycle. Please keep front wheels down.

Written Test

NOMENCLATURE / MOUNTING / PUSH / START & STOP (09:00 – 09:30)

- Dropped Motor Lecture & Demo
- Mounting & Dismounting
- Pushing a motorcycle
- Starting and stopping

BRAKING (09:30 – 10:30)

- Video & Lecture
- Set Lines
- Instructor Demo of Exercise
- Re-Lecture Main Points - 3 Runs @ 30 MPH

INLINE CONES (10:30 -11:15)

- Friction zone
- Posture / head and eye placement
- 90 degree turn out at end of exercise

OFFSET CONES (11:15 – 12:00)

- Friction zone
- Posture / head and eye placement
- Hold turns longer
- Power while turning the motorcycle
- Let motorcycle lean
- 90 degree turn at end of exercise

LUNCH (12:00 – 13:00) ** Eat off site or bring your lunch **

INLINE / OFFSET CONTINUED (13:00 – 14:00)

Break

BOX TURN / PARKING STALL (14:20 – 15:00)

- 3 Stalls
- Friction zone
- Posture / head and eye placement

CLOSING (15:00 – 16:00)

- Test review
- Course evaluations
- Motorcycle modifications and safety equipment
- Questions
- Certificates