

# **\* OKCPD Motorcycle Skill Building Course \***

## **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