

The smart rider's way to the critical skills, judgment and attitudes associated with a successful, life-long riding career!

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The Objectives and Requirements for the Course

Our goal is to teach and reinforce the knowledge and skills needed for safe beginning riding on the street in order to prevent crashes and injuries.

You are required to be on time, participate, wear suitable apparel and bring snacks, water and lunch for yourself. You must accept the coaching of your instructors.

Risks of Motorcycling

Riding a motorcycle is risky and risk management begins with smart choices.

You will have the opportunity to make smart choices that we call "Smart Rider Commitments."

Smart Rider Commitment #1:

_____ (initial) "I acknowledge that part of being a responsible rider is knowing and following the 'rules of the road.' I accept this fact and commit to learning and complying with state laws, rules, regulations and equipment requirements."

Part of making smart choices is understanding the risks.

Motorcycling is times more dangerous than driving a car!

Smart Rider Commitment #2:

(initial) "I acknowledge that riding a motorcycle in a complex traffic and roadway environment is an activity involving risk and danger. I accept this fact and commit to managing those risks."

In the wild, humans are the top of the food chain—on the road motorcyclists are the bottom of the food chain so we need to understand how to manage fear.

Fear is perception-based, not danger-based.

Preparing to Ride

Knowing how to select and use protective riding gear, and how to perform a motorcycle pre-ride check, are critical for safely operating a motorcycle.

Helmets help to protect your brain against injury. **Earplugs** protect your hearing from long-term, permanent damage. **Eye protection** should be impact and penetration resistant. **Gloves** should be motorcycle-specific and form-fitting. **Boots** should be above-the-ankle, abrasion resistant, with a grippy sole. **Jacket, pants and suits** should have impact-absorbing armor and be constructed from abrasion-resistant materials.

Smart Rider Commitment #3:

(initial) "I acknowledge that when riding a motorcycle, the only thing between me and the elements (hot, cold, rain, hail, bugs, the asphalt, other vehicles, etc.) is the gear I am wearing. I accept this fact and commit to getting and wearing riding gear that is right for me and as well as any passengers I may carry."

Each and every day that you ride your motorcycle, do a pre-ride check to identify and correct potentially dangerous problems.

This includes checking fluids, tires, controls, electrical components and final drive.

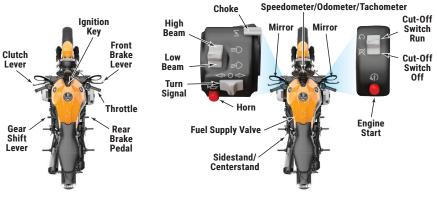
Smart Rider Commitment #4:

_____ (initial) "I acknowledge that a motorcycle requires more frequent inspection and maintenance than a car. I accept this fact and commit to learning how and when to perform a pre-ride check on my motorcycle."

Basic Operation of the Motorcycle

Most motorcycles sold in the USA have similarly located and operated controls.

It is important to familiarize yourself with any motorcycle's particular controls before you ride.



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The standard procedure for starting and stopping the engine.

Starting

Turn the fuel and ignition to the "on" positions (if equipped).

Transmission is in neutral. With the clutch fully out try to roll the motorcycle. If it rolls freely, you're in neutral!

Engine cut-off switch in the "run" or "on" position.

Clutch in.

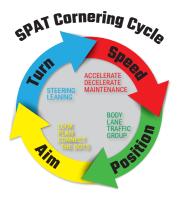
Press start button and use choke as needed (if equipped).

Stopping

Engine cut-off switch off. Ignition off. Fuel valve off at end of day (if equipped).

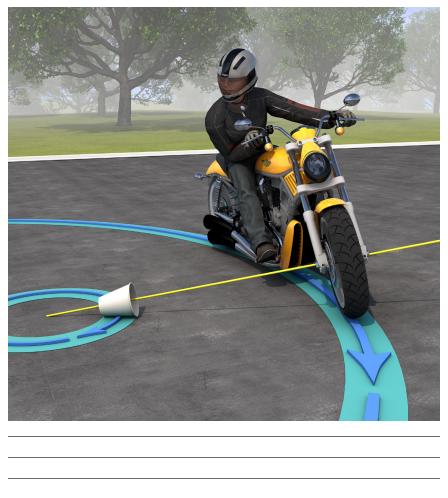
All corners can be negotiated using the SPAT process.

- S is for SPEED: Adjust to an appropriate entry speed for every corner before you take any other action.
- P is for POSITION: Your body position on the bike, and the bike's position in the lane, traffic or within a group is your next priority.



- A is for AIM: You go where you aim. Look through the corner and plan your line by "connecting the dots" of your turning and exit points.
- **T is for TURN:** Depending on your road speed, some combination of steering and leaning will get you where you want to go.

A motorcycle turns by leaning because of the angle of its axes/axles when leaned over, just like a paper cup.



Mental Motorcycling

Apply the A3 Strategy™ to deal with hazards.

Awareness—Aggressive and purposeful search using all senses

Search front, behind, sides Keep eyes moving Avoid target fixation Ears, nose, tactile senses

Assessment-Identify risks



Other vehicles, pedestrians, surface hazards, traffic controls Determine best option

Action-Manage hazards using time and space

Adjust speed by applying throttle or brakes Adjust position or direction by pushing on a handgrip Communicate by activating horn or lights

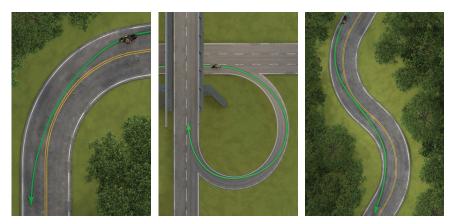
Smart Rider Commitment #5:

_____(Initial) "I acknowledge that an expert rider is one who uses expert judgment to avoid having to use expert skills. I accept this fact and commit to becoming an expert rider by practicing the A3 Strategy, keeping my eyes up and scanning 20 seconds ahead."

Cornering with Confidence

Below are three types of turns: standard, decreasing radius and linked.

An outside-inside-outside path of travel allows for a delayed apex, providing a greater safety margin by minimizing lean angle. Mark the apex on each turn.





Smart Rider Commitment #6:

_____ (Initial) "I acknowledge that motorcyclists running wide in turns is the most common fatal crash situation. I accept this fact and commit to practicing the SPAT process for cornering, and in particular LOOKING through the turn and PUSHING forward on the handgrip to cause the bike to turn."

Maximum Braking and Swerving

Achieving maximum braking and swerving requires a solid understanding and diligent practice of front brake use and pushing forward on the handgrip.



Smart Rider Commitment #7:

(initial) "I acknowledge that braking errors are very common in crash situations. I accept this fact and commit to regularly practicing quick stops, with an emphasis on smooth increasing pressure on the front brake and a light to lighter application of the rear brake."

Special Situations

Surmounting obstacles and negotiating roadway hazards requires specialized knowledge and are perishable skills.

Impairments



Alcohol, drugs and other impairments affect your ability to ride safely. It's helpful to know how to identify impairments.



Smart Rider Commitment #8:

_____ (initial) "I acknowledge that many fatal motorcycle crashes involve riders who had been drinking. I accept this fact and commit to separate the use of alcohol (and other drugs) from riding a motorcycle. I commit to riding sober." Sometimes it's your friends that need support or a voice of reason. Pre-plan strategies for preventing others from riding impaired.

Smart Rider Commitment #9:

(initial) "I acknowledge that an impaired rider in the group puts me at risk. I accept this fact and commit to avoiding riding with others who are impaired."

There are also many normal day-to-day factors that can cause impairments.

Smart Rider Commitment #10:

_____ (initial) "I acknowledge that there are a wide variety of factors that can impair my ability to ride safely. I accept this fact and commit to minimizing factors that can negatively affect my riding ability and performance."

State-Specific Laws

It's like a whole other country.





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Thanks for playing with us! We hope to see you back for additional training from CMSP. For listings of upcoming classes, visit **californiamotorcyclist.com** Remember to share your experience on Facebook and Twitter.

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