



Oregon State University
College of Public Health
and Human Sciences

Team Oregon
Motorcycle Safety Program
Oregon State University
3550 SW Deschutes St.
Corvallis, Oregon 97333

Dear Instructor,

5/6/22

We are revising Stopping Quickly (BRT Exercise 13 and IRT Exercise 2) to bring clarity to the start of the exercise. This revision will make the directions consistent with “Exercise Guidelines” on the right-side page. In short you will read “Directions” and “Evaluate Understanding” in staging then send student to their respective start points.

BRT Cards

Please attach the enclosed label to page 30 to reflect this revision.

The label will need to cover the “OBJECTIVE” down to “DEMONSTRATION.”

We recommend lining up the label to cover “DEMONSTRATION” first.

Range Tip:

Direct students up the center of the range and to the start cone furthest from staging.

Direct the second half of the group to follow and line up at the nearest cone.

See second page for a diagram example and IRT update.

Michael Heinen, Training Manager
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RANGE
PREP

▲ - 4

Strike previous setup. Set 4 large cones for start and stop positions (blank sides face approaching riders).

OBJECTIVE

You will stop the motorcycle quickly as to avoid a potential hazard on the street.

DIRECTIONS

- Line up at the start cones. (*Identify*)
- Ride toward the large cone and upshift into 2nd gear to 15 mph. (*Identify large cone*)
- Maintain a steady speed.
- When your front tire reaches the large cone, apply both brakes to stop quickly, downshifting to 1st gear. Do not begin braking until reaching the cone.
- After stopping, ride up the center of the range and get in the shorter line.
- As you work on quicker stops, apply the front brake with increasing pressure. Be smooth!
- When signaled (*show signal*), you may speed up to 20 mph and continue to practice.

DEMONSTRATION (*None*)**EVALUATE UNDERSTANDING**

- How do you use the front brake for a quick stop?
(*Smoothly and with increasing pressure*)
- How do you use the rear brake for a quick stop?
(*Light to lighter pressure*)
- What will help your balance during the quick stop?
(*Eyes up, looking ahead*)

DEBRIEF

- What is the key to a quick stop?
(*Smooth, increasing pressure on the front brake*)
- Why can you apply more front brake pressure as you stop?
(*Weight shifts to the front, more traction on front tire*)

WHAT TO COACH

1. Smooth, increasing squeeze on front.
2. Light pressure on rear.
3. Head and eyes up.