

Team Oregon

Advanced Internship Logbook Criteria Page 1



Range Control and Safety

Situational Awareness

Instructor ensures safety and controls range at all times. Instructor is aware of where students are and what they are doing. Instructor is aware of students who may be fatigued or riding beyond their ability. Instructor is aware of where the other instructor is and what his/her needs might be.

Path of Travel (POT) Managed

Instructor quickly and calmly corrects students who stray from the POT.

Instructor Positions

Instructor uses prescribed or strategic position and orientation. Instructor understands that position in advanced courses is dynamic and adjusted for speed, safety and student performance.

No Surprises

Instructions to students and other instructors are smooth, large and clear, and signals are given early.

Staging

Instructor stages riders safely and efficiently in strategic position for next exercise or break. [B3W: Each rider is directed into and out of staging.]

Takes Initiative

Instructor prepares range and responds to students' needs without waiting for direction. Instructor quickly corrects riding gear problems.

(ABC) GO Cone Position

Instructor adjusts GO cone as necessary to optimize timing of approaching riders.

(B3W) No Runners Behind

Except as required by exercises or track layout, the instructor ensures all running bikes are in front of the instructor.

(PMC) Breezeouts

Breezeout speeds are appropriate to the range and group. Full breezeouts include multiple parking opportunities. Instructor avoids the "rubber band effect." Signals are clear and held only long enough for the next rider to repeat.

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Coaching

Accurate and Timely

Coaching is focused on student's current performance and how he/she can improve.

Concise

Coaching is limited to one or two items, uses word/phrases that are clear and specific and is kept short and sweet.

Encouraging

Instructor uses positive correction (what to do, rather than what not to do). Instructor recognizes improved performance. Coaching is friendly, respectful and appropriate to the students' riding experience and ability.

Signals and Simulated Coaching

Instructor provides signals that are relatively large, smooth and consistent. Signals are given early enough for students to respond.

Individual Evaluations

Instructor accurately assesses technique and proficiency. Student strengths and techniques still needing improvement are noted. Debrief is short and sweet.

Group Debriefs

Instructor respects and acknowledges student comments. Debriefs reference course and/or exercise objectives. Instructor emphasizes the exercise or technique's relationship to street riding when appropriate. End-of-course message is delivered.

Expertise

Instructor projects confidence and expertise in course concepts, techniques, equipment and machines.

(ABC) Situational Awareness

Instructor is aware of next rider (incoming) while coaching.

(PMC) Coaching in Motion

With the exception of head and eyes/look at me, instructor avoids coaching in motion.

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Instructions/Demonstrations

Reads Cards

Instructor reads cards without adding information. Instructor reads in such a way to emphasize and provide meaning as appropriate. Answers to students' questions are concise and correct.

Demonstrated Riding Ability

Demonstrations are smooth and precise. Instructor uses correct POT and techniques without error. Speed is appropriate. Instructor demonstrates use of full protective gear when riding.

Demo Narration

Narration is limited and focused on key techniques and POT.

(ABC) Guided Discussion

Exercise introductions and debriefs cover all talking points and welcome student participation.

(RSP) Guided Discussion

Exercise introductions and discussions cover all talking points and welcome student participation.

Course Management

Time Management

Instructor starts on time and stays on time. Instructor maximizes wheels-in-motion and minimizes lips-in-motion. Exercises are run to time and finished on time. Breaks are taken on schedule. Training activities are completed on schedule.

Equipment Management

Instructor is able to prepare bikes and equipment for the training day and store bikes and equipment properly at the end of training day. [B3W: Motorcycle controls are adjusted to students, if possible.]

Constant Improvement

Seeks To Improve Proficiency and Capacity

Instructor provides constructive feedback to other instructors when needed or asked. Instructor is open to feedback from other instructors. Instructor seeks coaching on skills, techniques and/or strategies not fully understood.

Promotes Camaraderie

Instructor treats other instructors with respect and demonstrates a "team player" attitude.

Promotes Community

Instructor demonstrates enthusiasm and leadership among students. Instructor treats students with respect, regardless of their experience or riding ability.