

Welcome

While you are waiting

In ink only, enter requested information, sign and date

- Team Oregon Waiver
- College Registration Form (if required)

Present the completed forms, your driver's license or motor vehicle instructional permit to your instructor

NOTICE:

- Please silence and put away your phone
- Smoking is strictly forbidden anywhere on this property



Introductions

- **Name**
- **Where from**
- **Type of riding you do (or plan to do)**

BRT Schedule

Arrive 15 Minutes Early to Range Sessions

Day 1	
Classroom	6:00 PM – 8:30 PM
Day 2	
Range	8:00 AM – 12:00 PM
Lunch	
Classroom	1:00 PM – 3:15 PM
Day 3	
Range	8:00 AM – 12:00 PM
Lunch	
Classroom	1:00 PM – 3:15 PM

Expectations

Realistic	Not Realistic
...	

Expectations

Realistic	Not Realistic
Build knowledge and skills	
...	

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Coaching in proper riding technique	
...	

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Knowledge and skills to practice on street	

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Build knowledge and skills	Guaranteed pass/endorsement
Coaching in proper riding technique	...
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Realistic	Not Realistic
Build knowledge and skills	Guaranteed pass/endorsement
Coaching in proper riding technique	Guaranteed safety
Knowledge and skills to practice on street	...

Expectations

Realistic	Not Realistic
Build knowledge and skills	Guaranteed pass/endorsement
Coaching in proper riding technique	Guaranteed safety
Knowledge and skills to practice on street	Be an expert rider

Disagree

“Once you learn to operate the controls, riding a motorcycle is just like driving a car.”

Rider Readiness

Checklist

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✓ Physically: Rested and able

...

Rider Readiness

Checklist

- ✓ **Physically: Rested and able**
- ✓ **Mentally: Prepared and attentive**

...

Rider Readiness

Checklist

- ✓ **Physically: Rested and able**
- ✓ **Mentally: Prepared and attentive**
- ✓ **Judgment: Unimpaired**

...

Rider Readiness

Checklist

- ✓ **Physically:** Rested and able
- ✓ **Mentally:** Prepared and attentive
- ✓ **Judgment:** Unimpaired
- ✓ **Clothing:** All the gear, every time

...

Rider Readiness

Checklist

- ✓ **Physically:** Rested and able
- ✓ **Mentally:** Prepared and attentive
- ✓ **Judgment:** Unimpaired
- ✓ **Clothing:** All the gear, every time
- ✓ **Conditions:** Weather, roadway, traffic

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Rider Readiness

Checklist

- ✓ **Physically:** Rested and able
- ✓ **Mentally:** Prepared and attentive
- ✓ **Judgment:** Unimpaired
- ✓ **Clothing:** All the gear, every time
- ✓ **Conditions:** Weather, roadway, traffic
- ✓ **Motorcycle:** Fueled and serviced

Video: Helmets



Range vs. Street



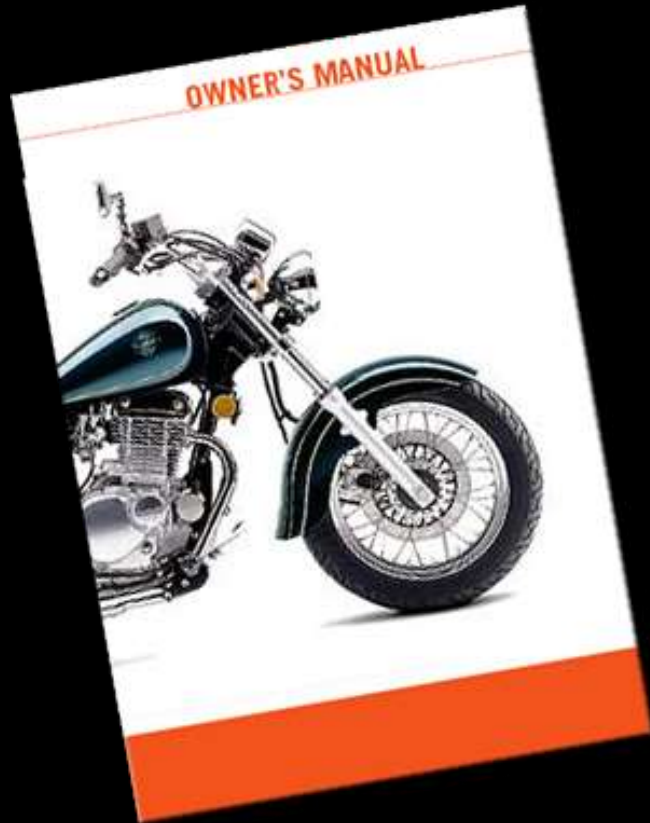
Find the Rider



Pre-Ride Check

Consult Your MOM

team-oregon.org/resources



MOTORCYCLE INSPECTION AND MAINTENANCE CHECKLIST Refer to your owner's manual for detail.

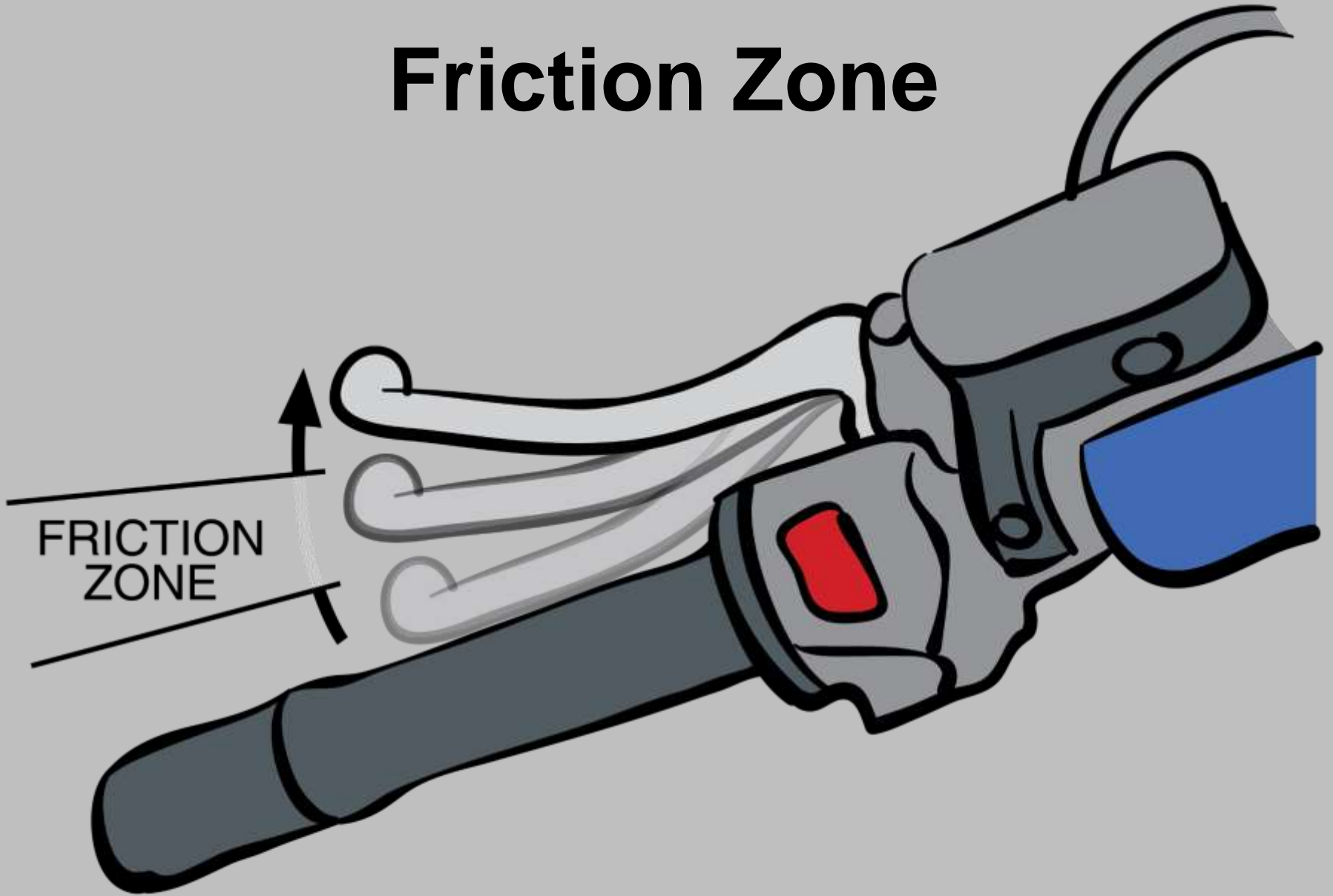
<p>TIRE/WHEELS</p> <ol style="list-style-type: none"> 1. Tires. Check tire condition. Blowing, cracks, punctures, damage and wear and age. 2. Tire pressures. 3. Wheels. Wheel nuts and spokes undamaged. 4. Brake pads/shoes. Using sufficient thickness (owner's manual). <p>ELECTRICAL</p> <ol style="list-style-type: none"> 5. Headlight. Always on; check high and low beams. 6. Tail light. Always on. 7. Stop lamp. Lights up only when activated. 8. Turn signal lamps. Lights when activated. 9. Turn signal master lamp. Lamp always on. 10. Horn. Sounds loudly only. 11. Battery terminals. Secure. <p>CONTROLS</p> <ol style="list-style-type: none"> 12. Throttle grip. Operates in familiar manner; cable runs full. 13. Front brake lever. Flexible; smoothly without clicks. 14. Rear brake pedal. Flexible; smoothly without clicks. 15. Clutch lever. Positionment; free play. 16. Shift lever. Positionment for handlebars. 17. Handbrake. Positionment for handlebars. 18. Mirrors. Positionment for use. <p>SUSPENSION</p> <ol style="list-style-type: none"> 19. Fork settings. Flexible; no and rebound damping. 20. Shock(s) settings. Spring and rebound damping. 21. Final drive adjustment. Final drive adjustment. Check for wear/damage. 22. Fasteners. All nuts/bolts torque correct and tight. 	<p>FLUIDS</p> <ol style="list-style-type: none"> 23. Engine oil. Full fresh. 24. Engine coolant. (Motor) Full fresh. 25. Battery fluid. (Water) full. 26. Front brake fluid. (Motor) Full fresh. 27. Rear brake fluid. (Motor) Full fresh. 28. Clutch fluid. (Motor) Full fresh. 29. Fork oil. Full fresh. 30. Gear oil. (Motor) Full fresh. 	<ul style="list-style-type: none"> ● Check before every ride ● Check after every wash
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MOTORCYCLE INSPECTION AND MAINTENANCE

- 1. Tire pressures and condition
- 2. Headlight
- 3. Tail light
- 4. Stop lamp
- 5. Engine oil
- 6. Turn signal lamps
- 7. Horn
- 8. Front brake lever
- 9. Rear brake pedal
- 10. Chain/belt

● Check before every ride ● Check after every wash

Friction Zone



Getting Underway

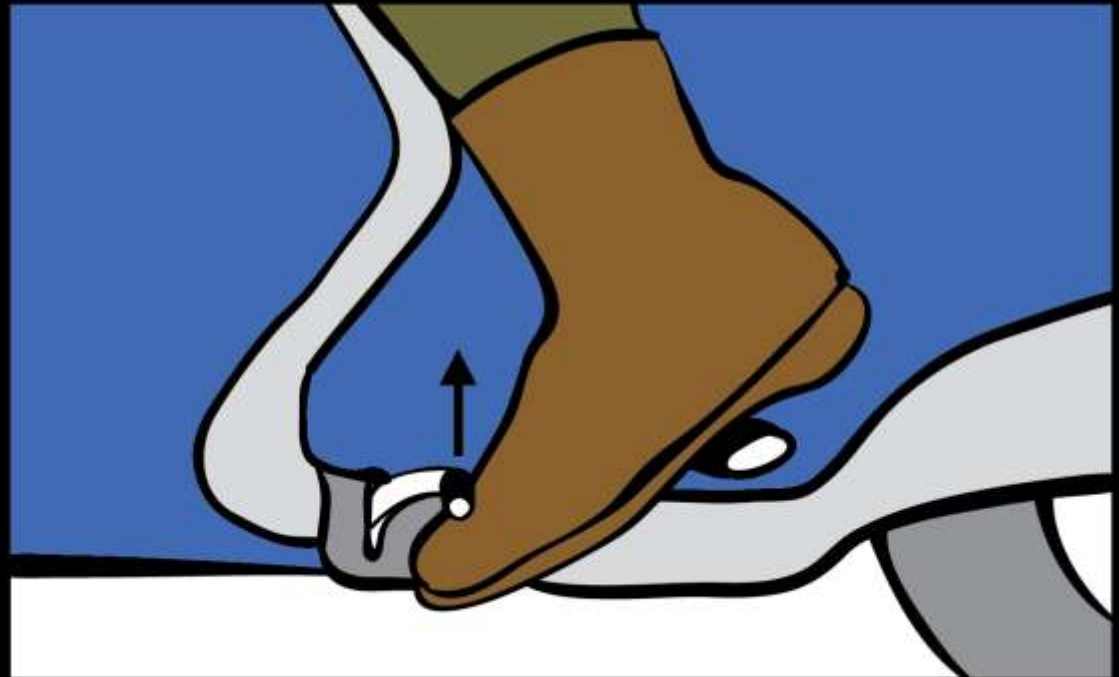


Proper Posture



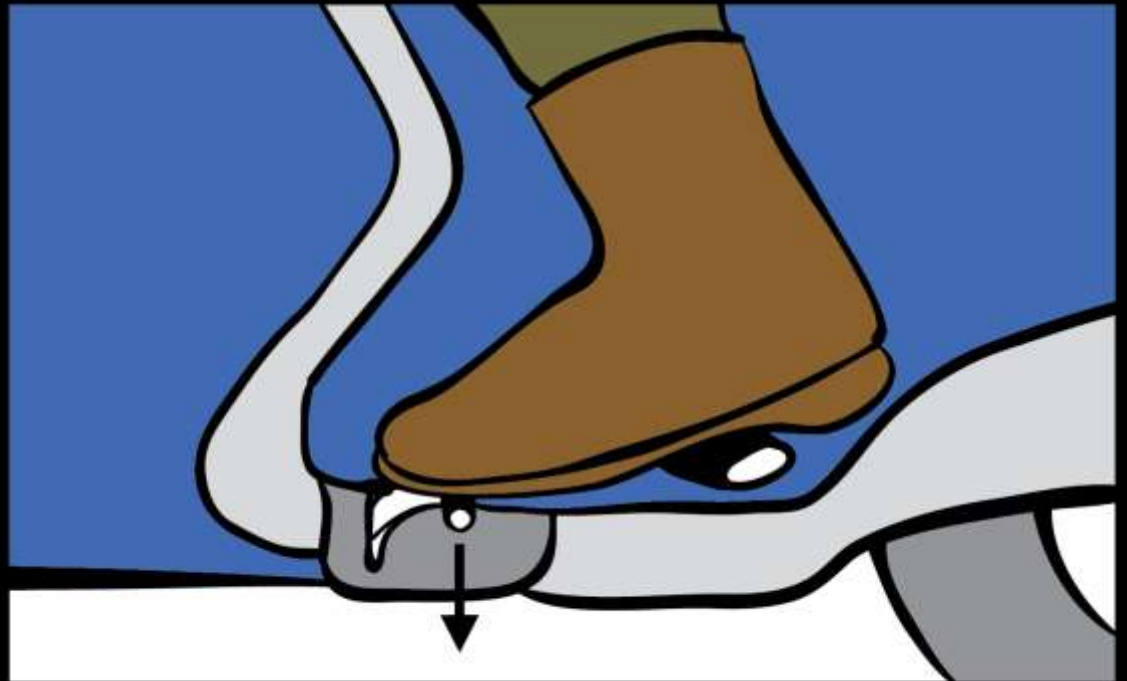
Upshift

- **ROLL – off throttle**
- **SQUEEZE – clutch**
- **LIFT – shift lever**
- **EASE – clutch**
- **ROLL – on throttle**

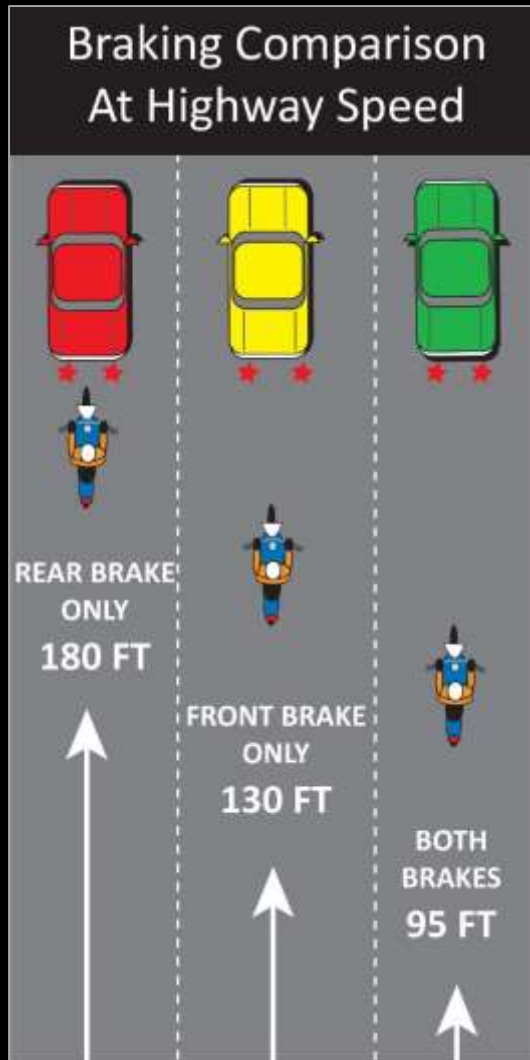


Downshift

- **ROLL** – off throttle
- **SQUEEZE** – clutch
- **PRESS** – shift lever
- **EASE** – clutch



Principles of Braking



- **LOOK** – eyes up
- **ROLL** – off throttle
- **BRAKES** – use both
- **SQUEEZE** – clutch
- **PRESS** –to first gear
- **LEFT** – foot to ground first

Video: Motorcycle Controls



Range Rules

- 1. Wear all protective gear when seated on the motorcycle.**
- 2. On the range, cover the clutch lever with four fingers at all times – this enables you to immediately remove power from the rear wheel, if necessary.**
- 3. Keep your throttle hand in a low wrist position with four fingers around the handgrip.**
- 4. On the range, do not “cover” the front brake while moving forward. Keep all four fingers wrapped around the throttle unless using the front brake.**

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Range Rules

5. Always check all around you before moving.
6. Don't crowd other riders – leave plenty of space between you and them.
7. Do not pass unless instructed to do so.
8. Use the engine cut-off switch to stop the engine, and then turn off the ignition key.

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Range Rules

9. **If you have a problem, move out of the way, stop, and signal your instructor.**
10. **If you don't understand an exercise, ask your instructor for clarification.**
11. **If you have a health concern or disability, please see one of your instructors.**
12. **Riding a motorcycle can be dangerous. It is your responsibility to stop training if you feel uncomfortable, unsafe, unable to concentrate, unable to follow directions, fatigued, or pushed beyond your limits.**

