



# Course Outline

## Advanced Motorcycle Riding and Basic Maintenance Course



# Advanced Motorcycle Riding and Basic Maintenance Course

**Duration:** 5 or 10 days

**Minimum Requirements:** Class 3 certificate of competency

## Course objectives

On completion of this course, delegates will be able to:

- ◆ Properly and safely, ride a motorcycle in traffic and on tarred and country roads and off-road
- ◆ Carry out daily maintenance and safety checks: PLANS – Petrol, Lubricants, Adjustments, Nuts and Bolts, Stop

## Course outline

### Day 1

- ◆ Riding skills
- ◆ Protective clothing
- ◆ Introduction to the motorcycle
- ◆ Motorcycle functions and controls
- ◆ Starting, moving off, and stopping
- ◆ Turning
- ◆ Changing gears
- ◆ Hill starts

### Day 2

- ◆ Safety checks and maintenance – PLANS
- ◆ Turning and cornering with gears
- ◆ Brakes and braking
- ◆ Emergency stop

### Day 3

- ◆ Off-road riding
- ◆ Standing position
- ◆ Riding downhill

- ◆ Hill recovery
- ◆ Riding uphill
- ◆ Riding through water, mud, sand and loose stones/rocks

### Day 4

- ◆ Introduction to road riding
- ◆ Mirrors and rear observation
- ◆ Signalling and turning
- ◆ Moving off from road side
- ◆ Turning left and right
- ◆ Overtaking a moving vehicle
- ◆ Hill start
- ◆ Emergency stop

### Day 5

- ◆ Hazard awareness
- ◆ Defensive riding
- ◆ Highway code
- ◆ Accident handling procedures