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

**Day 4**
- Hill recovery
- Riding uphill
- Riding through water, mud, sand and loose stones/rocks
- 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