



Course Outline

**Learner to Advanced Motorcycle
Riding and Basic Maintenance
Course**



Learner to Advanced Motorcycle Riding and Basic Maintenance Course

Duration: 10 days

Minimum entry requirement: Class 3 learner's license or a certificate of competency in class 4, or 1

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

- ◆ Protective clothing
- ◆ Introduction to the motorcycle
- ◆ Motorcycle functions and controls
- ◆ Starting, moving off, and stopping
- ◆ Brakes and braking
- ◆ Practice all above
- ◆ Turning
- ◆ Changing gears
- ◆ Hill starts

Day 2

- ◆ Safety checks
- ◆ Maintenance
- ◆ Turning and cornering with gears
- ◆ Brakes and braking
- ◆ Emergency stop
- ◆ Practice

Day 3

- ◆ Daily safety checks and maintenance
- ◆ Off-road riding
- ◆ Standing position
- ◆ Riding downhill
- ◆ Recovery of motorcycle on hill
- ◆ Riding uphill
- ◆ Riding through water

- ◆ Riding through mud
- ◆ Riding through sand
- ◆ Riding through loose stones and rocks

Day 4

- ◆ Daily safety checks and maintenance
- ◆ Introduction to road riding
- ◆ Mirrors and rear observation
- ◆ Signalling and turning
- ◆ Moving off from road side
- ◆ Turning left
- ◆ Turning right
- ◆ Overtaking
- ◆ Hill start
- ◆ Emergency stop

Day 5

- ◆ Daily safety checks and maintenance
- ◆ Cleaning of the motorcycle
- ◆ Highway code
- ◆ Road riding

Day 6

- ◆ Daily safety checks and maintenance
- ◆ Off-road riding in detail
- ◆ Turning circle
- ◆ Trail ride

Day 7

- ◆ Daily safety checks and maintenance
- ◆ Cleaning of the motorcycle
- ◆ Highway code
- ◆ Defensive riding
- ◆ Hazard awareness
- ◆ Observation
- ◆ Mirrors and rear observation
- ◆ Lifesaver glance
- ◆ Road ride

Day 8

- ◆ Daily safety checks and maintenance
- ◆ Cleaning of the motorcycle
- ◆ Negotiating roundabouts
- ◆ Junctions
- ◆ Turning right
- ◆ Turning left
- ◆ Safe following distances
- ◆ Overtaking
- ◆ Road ride

Day 9

- ◆ Daily safety checks and maintenance
- ◆ Cleaning of the motorcycle
- ◆ Additional maintenance
- ◆ Fault finding
- ◆ Road ride
- ◆ Trail ride
- ◆ Fatigue
- ◆ Animals
- ◆ Accident procedure

Day 10

- ◆ Rider assessment and tests