

NORTH LONDON

Motorcycle Training



Instructor Development Course



Ride Safe, Ride Right, Ride Long

Study guide booklet

This booklet is designed to help you progress with your studies to become a fully qualified motorcycle instructor and supervisor. We can only teach you so much, the hard work will be down to how hard you study and how much time and effort you put in over the following months.

Plan your time carefully

Full days of training are ideal, half days or even hourly can help

Start as soon as you can

We operate a roll on roll off subscription, book times to suit you, we will try our best to fit you in

Set realistic goals, long and short term

Short term, I will read one module per evening and make notes
Long term, I will be ready for my next assessment after two weeks

If in doubt ask someone for help

Don't just think you are getting it right, ask for advice as much as you need too

There are no stupid questions only stupid answers

Books you should have:

Highway code (latest edition)

Know your traffic signs

DSA CBT book

DSA Motorcycle guide to better riding

Police motorcycle road craft

Good Luck

Course Contents

Module 1

Section 1

ELEMENT A - INTRODUCTION

- *The aims of the approved training course.*

Section 2

ELEMENT A - INTRODUCTION

- *The importance of having the right equipment and clothing*
- *eyesight test*

Module 2

Section 1

ELEMENT B - Practical On-site Training

- *Be familiar with the motorcycle, its controls and how it works.*

Section 2

ELEMENT B - Practical On-site Training

- *Be able to carry out basic machine checks to a satisfactory standard and be able to take the bike on and off the stand satisfactorily.*

Section 3

ELEMENT B - Practical On-site Training

- *Be able to wheel the machine around to the left and the right showing proper balance and bring the motorcycle to a controlled halt by braking.*
- *Be able to start and stop the engine satisfactorily.*

Course Contents

Module 3

Section 1

ELEMENT C- Practical On Site Riding

- *Ride the machine under control in a straight line and bring the machine to a controlled halt*
- *Carry out controlled braking using both brakes*

Section 2

ELEMENT C- Practical On Site Riding

- *Ride the machine slowly under control*
- *Ride the machine around a figure of eight circuit under control*

Section 3

ELEMENT C- Practical On Site Riding

- *Carry out a U-turn manoeuvre satisfactorily*
- *Bring the machine to a stop under full control as in an emergency*

Section 4

ELEMENT C- Practical On Site Riding

- *Change gear satisfactorily*
- *Carry out rear observations correctly*

Section 5

ELEMENT C- Practical On Site Riding

- *Carry out simulated left and right hand turns correctly using the Observation-Signal-Manoeuvre (OSM) and Position-Speed-Look (PSL) routines*

Course Contents

Module 4

Section 1

ELEMENT D- Practical On Road Training

- *The need to be clearly visible to other road users*
- *The importance of knowing the legal requirements for riding on the road*

Section 2

ELEMENT D- Practical On Road Training

- *Why motorcyclists are more vulnerable than most road users*
- *The need to ride at the correct speed according to road and traffic conditions*

Section 3

ELEMENT D- Practical On Road Training

- *The importance of knowing the highway code*
- *The need to ride defensively and anticipate the actions of other road users*

Section 4

ELEMENT D- Practical On Road Training

- *The need to use rear observations at appropriate times*
- *The need to assume the correct road position when riding*

Section 5

ELEMENT D- Practical On Road Training

- *The need to leave sufficient space when following another vehicle*
- *The need to pay due regard to the effect of varying weather conditions when riding*

Course Contents

Module 4

Section 6

ELEMENT D- Practical On Road Training

- *The effect on a vehicle of various types of road surface that can be encountered*
- *The dangers of drug and alcohol use*

Section 7

ELEMENT D- Practical On Road Training

- *The consequences of aggressive attitudes when riding*
- *The importance of hazard perception*

Course Contents

Module 5

Prefix 1

Radio communication skills

A calm radio manner is essential for good instruction whilst out on the road with your trainees.

To be able to give clear and concise instruction over the radio so as not to confuse or mislead trainees as to what you expect of them is absolutely essential.

Prefix 2

Attitude and interpersonal skills

It is also essential to have a professional, calm and positive attitude toward customers. All training should be done on a fact based criteria, not our own opinions or guesswork. As a potential motorcycle instructor you will be required to answer a short questionnaire on attitudes, behaviour and thinking. This will give us the information we need to assess your suitability for the course.

Section 1

ELEMENT E- Practical On Road Riding

Trainees must undertake on road riding for a period of *Not Less Than Two Hours Riding*.

Covering the following road systems

- *Roundabouts*
- *Junctions*
- *Pedestrian Crossings*
- *Traffic Lights*
- *Gradients*
- *Bends*
- *Obstructions*

Section 2

Trainees must also repeat the following exercises in normal road conditions.

- *Carry Out The U-turn Manoeuvre Satisfactorily*
- *Bring The Machine To A Stop As In An Emergency*

IDC Score / Check Sheet

Instructors Name:

No:

Date:

Candidates Name:

Course No:

	Instructor				Supervisor			
	A	B	C	D	A	B	C	D
ELEMENT A - INTRODUCTION								
<i>The aims of the approved training course</i>								
<i>The importance of having the right equipment and clothing</i>								
ELEMENT B - PRACTICAL ON SITE TRAINING								
<i>Be familiar with the motorcycle, its controls and how it works</i>								
<i>Be able to carry out basic machine checks</i>								
<i>Be able to wheel the machine around to the left and the right</i>								
<i>Be able to start and stop the engine satisfactorily</i>								
ELEMENT C - PRACTICAL ON SITE RIDING								
<i>Ride the machine under control / controlled halt</i>								
<i>Ride the machine slowly under control</i>								
<i>Carry out controlled braking using both brakes</i>								
<i>Change gear satisfactorily</i>								
<i>Ride the machine round a figure of eight</i>								
<i>Emergency stop</i>								
<i>Carry out rear observations correctly</i>								
<i>Carry out left, right turns(OSM) and (PSL) routines</i>								
<i>Carry out a U-turn manoeuvre satisfactorily</i>								
ELEMENT D - PRACTICAL ON ROAD TRAINING								
• <i>The use of conspicuity aids, high visibility jackets etc.</i>								
• <i>Legal requirements for riding on the road</i>								
• <i>Why more vulnerable than most road users</i>								
• <i>Correct speed according to road and traffic conditions</i>								
• <i>The importance of knowing the highway code</i>								
• <i>Ride defensively and anticipate the actions of other road users</i>								
• <i>The need to use rear observations at appropriate times</i>								
• <i>The need to assume the correct road position when riding</i>								
• <i>The need to leave sufficient space when following another vehicle</i>								
• <i>Due regard to the effect of varying weather conditions when riding</i>								
• <i>Surface Awareness</i>								
• <i>The dangers of drug and alcohol use</i>								
• <i>Aggressive attitudes when riding</i>								
• <i>The importance of hazard perception</i>								
ELEMENT E - PRACTICAL ON ROAD RIDING								
• <i>Roundabouts</i>								
• <i>Junctions</i>								
• <i>Pedestrian crossings</i>								
• <i>Traffic lights</i>								
• <i>Gradients</i>								
• <i>Bends</i>								
• <i>Obstructions</i>								
• <i>Carry out the U-turn manoeuvre satisfactorily</i>								
• <i>Bring the machine to a stop as in an emergency</i>								

A/B = Satisfactory standard no further work needed

C/D = Not satisfactory, more instruction needed