

# **RIDERS TRAINING INFORMATION**

Information obtained from the Motorcycle Safety Foundation (MSF)

## **Basic RiderCourses<sup>SM</sup>**

- Two day course
- Motorcycle and helmet provided
- Qualifies graduates for motorcycle license test waiver in most states
- Qualifies graduates for insurance premium discounts with some motorcycle insurers.

The Basic *RiderCourse*<sup>SM</sup> is aimed at beginning riders of all ages. A minimum of seven hours classroom instruction prepares the student for at least eight hours of practical riding in a controlled, off-street environment, typically a parking lot. Motorcycles and helmets are included in your course fee (if any). Most motorcycles used in the course are loaned by local dealers.

In this course, you'll learn how to operate a motorcycle safely, with a lot of emphasis on the special skills and mental attitude necessary for dealing with traffic.

RiderCoaches are certified by the Motorcycle Safety Foundation. They'll start you off with straight-line riding, turning, shifting and stopping. You'll gradually progress to cornering, swerving and emergency braking. In the classroom you'll learn about the different types of motorcycles, their controls, and how they operate. The RiderCoaches will advise you on what to wear for comfort and protection. You'll find out how alcohol and other drugs affect your ability to ride safely. A very important segment of the course will show you how to create your own strategy for riding in traffic, and dealing with critical situations. The course concludes with a knowledge test and skill evaluation.

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## **Experienced RiderCourses<sup>SM</sup>**

- One-half day course
- Use your own motorcycle and helmet
- Qualifies graduates for insurance premium discounts with some motorcycle insurers
- May lead to license waiver for permit holders.

Even if you've been riding for some time, there's always something new to learn, to hone your skills and fine-tune the mental skills needed for survival in traffic.

You'll discuss how to balance the mental and physical aspects of safe riding, manage risk, increase visibility and optimize your lane position. The course also covers protective gear, rider responsibility, motorcycle inspection and care, the effects of alcohol and other drugs on riding, and includes an optional skill evaluation and knowledge test.

Using your own motorcycle, you'll practice the techniques of managing traction, stopping quickly, cornering and swerving.

## **Riders Training and Safety Internet Resources**

- Motorcycle Safety Foundation - <http://www.msf-usa.org/>
- Virginia Riders Training Program - <http://www.learn2ride.com/>
- Maryland Motorcycle Program - <http://mva.state.md.us/MVAProg/MOTO/default.htm>
- American Motorcycle Association - <http://www.amadirectlink.com/>
- National Highway Traffic Safety Administration - <http://www.nhtsa.dot.gov/people/injury/pedbimot/motorcycle/00-NHT-212-motorcycle/index.html> (This contains a wealth of information on motorcycle safety)