

Bike Condition & Clothing

Bike legal and roadworthy?
Clothing, helmet, eye and ear protection appropriate?
Enough fuel to complete the session

Pre-Ride Checks

Detailed POWDDERSS inspection
Stationary brake test
Moving brake test

Machine control and sympathy

Coordinated use of clutch, gears & brakes
Balance and confident handling
Ability to put bike on/off stand
Ability to pull away smoothly
Holding the bike whilst stationary (left/right foot)
Hill starts

Observation, Mirrors & Life Savers

Foreground, mid ground & distance scanning
Effective use of both mirrors
Life savers considered and used when appropriate
Checks prior to committing to junctions
Deep and wide scanning of side roads
Use of landscape features to identify the road line
Knowledge and use of observation links

Hazard Perception & Planning

Anticipation, identification & prioritisation of hazards
Sign and road marking identification and use
Road surfaces
Observation links
Hazards specific to surroundings, weather etc.
Ability to anticipate actions of other road users

Hazard Negotiation

Choice of actions for circumstances
Appropriate gear and speed
Best position to maximise safety
Flexibly changes plan if situation changes
Overall safety margins

Signals

Selection of best signal for circumstances
Signals given when it would benefit other road users
Effective use of hand signals
Timing of signals
Effective use of horn
Effective use of brake light signal (when not braking)
Courtesy gestures
Correct use of hazard flashers

Effective road positioning as a signal of intent

General Positioning & Line
Distance from vehicle in front
Awareness of vehicles around
Crossing marked centre lines & cutting junctions
Straight-lining roundabouts where safe
Position for normal riding
Minimising double manoeuvres (exit in correct lane)
Avoiding road based hazards

Gears

Smooth & timely gear changes
Appropriate gear selection for circumstances/hazard
Block changing
Not changing down to brake (unless steep decent)
Use of neutral where appropriate
Not coasting in neutral prior to stop

Braking

Appropriate use of brakes
Smooth on/off operation
Front/rear distribution for circumstances
Covering front brakes on approach to some hazards
Comfort braking

Acceleration Sense

Unnecessary braking minimised
Timing on entry to reduced speed limit
Gear selection to facilitate effective speed control
Appropriate use of brake light signal where necessary
Supported by suitable observation

Speed Limits

Early identification and preparation for speed change
Discipline including in/out of limits
Accurate maintenance of speed limit where safe

Overtaking & Filtering

Identification of overtaking opportunities
State of readiness
Appropriate use of follow and overtake positions
Timing
Signalling
Observation
Hazard Identification

Cornering

Identification of bend line using all info available
Preparation for bends (speed, position & gear)
Maintenance of line in bend
Transition off line once view achieved
Appropriate sacrificing of line for safety
Speed during bend/on exit
Selection of best lane to maximise progress
Continual level of alertness maintained
Overtake opportunities assessed and taken when safe

Smoothness

Sense of quiet efficiency
Consistently smooth flowing riding

<p>Restraint Good judgement of situations Not phased by the actions of other road users Calm, patient approach Courtesy Consideration for other road users Use of courtesy signals where appropriate Horses, cyclists, pedestrians</p> <p>Progress Appropriate progress where conditions safely permit Brisk pick-up on entering increased speed limit</p> <p>Motorway & Dual Carriageway Joining & leaving Smooth lane changing Necessity & timing of signals Forward planning Anticipate the actions of others</p> <p>Slow Riding Appropriate judgement when to use Ability to ride slowly Slow manoeuvring skills Figure of 8 in a suitable location</p> <p>Attitude & Concentration Aware of own bike limitations Able to identify faults with own riding Alertness throughout the ride Dealing with distractions General attitude to risk Overall compliance with law</p> <p>HC & Roadcraft Knowledge Knowledge of IPSGA Road signs & markings HC rules – including 112, 129, 130, 174, 191, 195</p>	<p>Training Session Reminders Giving your associate feedback People learn better if they are enjoying it! Explain what you are looking for before hand Don't overload feedback – pick 2 or 3 things Always combine feedback with praise Say what you saw – don't offer judgements Focus on themes not isolated mistakes Make feedback specific to parts of the ride Monitor capacity for feedback in single session Give feedback based on observed behaviour, not perceived attitude Provide demonstration ride to illustrate cornering lines, filtering, riding for position, and other key skills.</p> <p>Keep it Safe & Legal Being safe and legal is your top priority Always stop a session if it is unsafe or illegal Always brief an associate to ride for themselves and make their own decisions Ride within own and associates limits Adjust session according to conditions Choose safe locations for breaks</p> <p>Using Radio Agree protocol before use Keep radio messages short and clear Repeat directions and instructions Use consistent words and message structure Time messages to minimise distraction Avoid giving feedback whilst riding Monitor associates comfort to use radio</p> <p>Personal Conduct Tutors to be courteous and professional Treat associates with respect Tutor can reserve the right not to train but must not knowingly contravene legislation If sessions must be cancelled provide reasonable notice Teach riding skills according to ROSPA ethos, Roadcraft and Highway Code.</p>	<p>Introductory session Meeting place known, agreed start time, mobile numbers How are they feeling (anxious, tired, etc)? Riding experience, riding typically undertaken Motives for training and objectives Areas where they believe they need help Knowledge of Roadcraft, SYSTEM, HC</p> <p>Document, Machines & Kit Check Licence, MOT & Insurance, eyesight, medication Kit Check (inc hearing & eye protection) Machine in decent condition – tyres, chain, stands retract properly – if in doubt call off the ride</p> <p>Tutor Intro Riding and training experience Training qualification (Approved RoSPA Tutor) Fellow bike enthusiast and volunteer Arrangements for running costs contribution</p> <p>Pre-Ride Briefing Purpose of ride, what I'm looking for Route description Giving directions (method, timing, etc) Missing a turn, getting separated or lost – wait where safe to do so for 5min and then retrace steps Stop of flashing of tutors headlight Tutor position (ignore position & distance) Stopping (coming past, stop if you need to) Making rider decisions for one, decisions for self DISCLAIMER: ride own ride, decisions for self LEGAL: must be legal at all times (no exceptions)</p> <p>Reporting Fill in report card – master to associate. Grade all criteria Feedback consistent with grading Key: <ol style="list-style-type: none"> 1. Exceeds the expected standard (Gold or better) 2. Meets the required standard (Silver standard) 3. Needs work to reach the required standard 4. Falls well below the required standard 5. Actions are dangerous </p>
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