

Train to be a better rider



Associate Welcome Pack

Welcome

A very warm welcome to our group – Derbyshire RoSPA Advanced Motorcyclists. We aim to be welcoming and inclusive, a ‘Friendly’ advanced riding group, focused on high quality advanced motorcycle training.

Motorcycling can be dangerous, of that there is no argument. It is possible however to alleviate many of the dangers and give yourself a fighting chance of having a long and enjoyable motorcycling career. All it takes is a little hard work and dedication on your part and some guidance from your Tutor.

The very fact that you have made the effort to join our group indicates that you have the right attitude when it comes to your own safety and that suits us just fine. We can work with you, to pass on all the skills and knowledge that we have acquired. You must remember that none of the Training Team, nor any other member of the group for that matter, is a 'Biking God'. We all started just where you are and are all still learning and improving our skills and techniques. So please relax and enjoy yourself - what else is motorcycling for?

All your training is aimed at you attaining the skills and techniques required to pass the RoSPA Advanced Motorcycling Test with further opportunities for further development beyond this. Along the way, however your riding will become much more enjoyable, safer and smoother.

Ride Well - Ride Safely - and Enjoy

Committee Members

Chairman: Paul Davies

Treasurer: Karen Luker

Training Officer: John Tizzard

Trainer Oversight: Sgt Ian Miller

Membership: Gary Furnival

Secretary: Steve Watt

Committee Members:

Andy Vest, Keith Tebbat, Andrew Jones

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An Introduction to the Group

Derbyshire RoSPA Advanced Motorcyclists was formed in 2012 to provide advanced motorcycle training in the Derbyshire and surrounding areas and is affiliated to RoSPA. Since the Group's inception it has grown steadily and established a reputation for supplying high quality training.

The Group meets on the 3rd Tuesday of each Month. These meetings give members the opportunity to chat to other like-minded bikers. Guest speakers are often present to offer their own take on the sport of motorcycling.

As well as the monthly meetings the group also organise a series of ride-outs over the year. Group Ride-outs are open to all members and are run on the last Sunday of each month. (see Appendix ii at the end of the Welcome Pack).

The Group also organises a number of Training Courses such as Slow Riding which you are encouraged to attend. Further information is available on our group website - www.derbyshirerospa.uk or from our closed group Facebook page, Derbyshire ROSPA, which you will be admitted to on request on joining. These will allow you to view information about training, associate ride-outs, course dates etc.

A list of all the important Group contact details is available on the website

Group Commitment Statement - You & Us

The Group Commitment to YOU:

- To give of our best to enable you to understand and gain the skills required to meet the requirements of the RoSPA Advanced Motorcycle Test.
- To allocate you a suitably qualified Tutor.
- To keep comprehensive records of your progress and treat your data with privacy.
- To ensure good communication and back up between the Group and you.
- To be flexible in our approach and to try to rectify any problems promptly.
- To offer friendly and enthusiastic advice. To give honest and straightforward assessments of your riding skills.
- To encourage you to attain, maintain and practice safe riding skills.

YOUR Commitment to the Group:

- To give and maintain the high level of commitment and dedication required to attain the skill levels required to pass the RoSPA Advanced Motorcycle Test.
- To aim to attain the riding skills required for the RoSPA Advanced Motorcycle Test
- To arrange regular training sessions with your allotted Tutor.
- To attend any training sessions promptly and on time or to inform your Tutor at any time should you be unable to fulfil your training commitment.
- To practice what you learn on each training session and undertake specific practice as suggested by your Tutor at the end of each training session.
- To study 'Roadcraft' and 'Highway Code' as directed by your Tutor.
- To give your Tutor as much notice as possible if you can't attend a training session so that they can allocate the time to another associate.
- To ensure that you do not bring the Group into disrepute by way of your actions on the road.

TOGETHER we aim to make the training experience FUN

Training Rules and Guidelines

Training Sessions - General Information

Once you have joined as an Associate, the Group Training Officer will allocate you a tutor. This will be determined by your experience, any previous training and of course your availability e.g. weekdays or weekends etc. Your tutor will then work with you on a one-to-one basis to prepare you for the RoSPA Advanced Motorcycle Test.

- You will arrange your training directly with your tutor.
- Your training will follow a standard format which will consist of a number of training sessions which will last about 2-3 hours (including coffee stops).
- Your Tutor will arrange to meet you at a convenient location and before going out on the road will fully brief you as to what you should expect during the session.
- Out on the road your Tutor will follow you to look at your riding. After a short time they'll stop you at a safe location and discuss your riding as they have observed it.
- You will be told what you are doing well and what skills you need to work on and be given advice on how you could improve and/or practice various skills.
- This stop/start format will be repeated for the remainder of the session

At the end of the session, your Tutor will give you a verbal debrief on your progress and your objectives to achieve before the next. This will be backed up with a written assessment which will be given to you at the end of the session or emailed to you. This will cover the points covered in the debrief and may include some suggested reading from 'Roadcraft' and/or 'The Highway Code'.

It is extremely important that you take these objectives seriously and where possible you undertake your own practice between training sessions. Any reading that you have been asked to undertake will help you with your understanding of what you are practicing on the road and on many occasions will be of importance for the next session. Carrying out these objectives is part of your commitment to improve your riding and an integral part of your training if you want to progress.

Your Responsibilities

Your Tutor has a duty of care towards you simply because they are running the session and (most often) have more experience. You must recognise however that you also have responsibilities during a training session. You must:

- Obey all road traffic laws
- Never exceed your limits or experience.
- Follow the Highway Code
- Only carry out manoeuvres which you are comfortable with
- Never put yourself knowingly into potentially dangerous situations

Finally, ensure that you are fit for the training session, that your bike is legal and roadworthy and that your clothing is suitable for the riding conditions.

Safety

The Safety of both you and your Tutor is paramount during any training session, As such, (if not already on), you **MUST** ride with dipped headlights on to improve your visibility. Please note, the use of a hi-viz jacket is not compulsory - if you prefer to use one, please do so. If not, that's fine too.

Expenses

Your Tutor does not get paid for training you - they are simply passing on their expertise and experience using their own motorcycle with all the expenses involved in that. We therefore don't think it right that they should also have to pay for their own petrol. As a result, you'll be expected to make a donation to your Tutor to help cover fuel costs. To be fair to both you and your Tutor, the Committee has agreed that a suitable donation would be £10 per session.

Your Training

The aims of advanced training are to make you safer and more relaxed and hence allow you to enjoy your motorcycling much more.

The culmination of all your training will be when you successfully pass the RoSPA Advanced Motorcycling Test. Passing the test will be confirmation that you have understood and have been able to put into practice the skills and techniques which your Tutor has helped you acquire.

All the training which you will undertake will be based on 'Motorcycle ROADCRAFT. This book, which you are encouraged to purchase, lays out a set of guidelines and advice aimed at improving your safety and enjoyment whilst you are riding your bike.

Throughout your training your Tutor will refer to 'Roadcraft' and will explain the significance of these guidelines and in particular, the 'System of Motorcycle Control'. It is essential, if you are to progress smoothly through you training, that you read and understand 'Roadcraft' as well as the 'Highway Code' and 'Know Your Road Signs. Your Tutor will give you guidance on which the relevant sections are at any point in your training. In order to maintain the high standards of riding skills required to pass the RoSPA Advanced Motorcycle Test, external examiners are employed and they are normally serving or ex police riders.

Your allocated Tutor will contact you to arrange your first session. Make a note of your Tutor's contact details (phone/email) because future sessions will be arranged by you!

Make sure you understand where and when you're meeting and turn up at the appointed time. As a guide, each session will probably last 2-3 hours and average around 50-70 miles. As such, it's important to take account of the weather and ensure you're appropriately dressed for the conditions. So long as there is daylight, we'll generally offer training all year round.

If you are unsure about anything, such as, what to wear or what to take with you, then ask your Tutor. They will be only too happy to advise you.

First Briefing

Tutors normally try and meet you at a cafe or roadside coffee stop so that they can carry out their pre-ride briefing and of course have the compulsory mug of coffee!

When you meet up, they'll try to put you at ease by explaining what you'll be doing and how the session will be structured. They will also ask you some questions about your riding history, any problems you have with your riding and your expectations for the session and your training in general. They are trying to help you.

At the first session it is your responsibility to have the correct documentation to ride it, i.e. license, insurance, road fund license and MOT if applicable. The Tutor may ask to see them and may ask you to undertake an eyesight check.

One important issue which your Tutor will discuss with you is what you should do if you lose contact with each other. Pay particular attention to this. Your Tutor will explain how they will give you directions - perhaps simply asking you to ride to a particular location or using their indicators. In attempting to replicate 'test conditions', we may use radios for instruction.

Finally, your Tutor will explain that you are responsible for your own actions and safety during the session. You are in sole charge of your motorcycle, they are only providing advice. It is up to you to ensure it is safe before carrying out any manoeuvre.

It is also your responsibility to ensure your machine is in a road worthy condition, although the tutor may look your machine over for themselves. The tutor has the right to refuse training if your bike is not road worthy .

And so, to the road.

On the Road

Your Tutor will ask you not to move off before they are ready. Once out on the road you need to ride as you normally would so that your Tutor can assess your existing riding skills.

During the ride when the Tutor wants to provide you with some interim feedback they will find a safe place to stop by overtaking you and guiding you there. You will be given honest feedback on what they have seen, and provide suggestion for improvement in order to meet the required standard. This is for your benefit because you need to know what your strengths and weaknesses are, before you can improve, which, after all, is the reason why you joined.

Listen to and trust the experience your Tutor has. They will not push you further than you want to go but will guide you how to improve each area of your riding. At the end of the session, your Tutor will give you a verbal debrief on your progress over the session and your objectives to achieve before the next. This will be backed up with a written assessment. This will allow you to track your improvement from session to session.

If you have any questions - do not feel embarrassed - Ask!

The Next Sessions

Hopefully your first session left you tired but wanting more - a good sign!

Your Tutor may have arranged your next session with you or left it to you to contact them when you have completed the practise and reading which they suggested. Please remember that it is your responsibility to contact your Tutor!

Each session will follow a similar format to the first but there are a number of variations which may be introduced. These include:

Once the Tutor has an idea of your strengths and weaknesses then they will formulate an individual training plan for you.

Each future session will have a main aim from a training point of view and the route you use will be chosen with this in mind. By concentrating on one main riding feature for a whole session you are much more likely to understand the specific learning points and be able to develop your skills in that area.

There should be at least 4 basic sessions, with appropriate routes, to address;

- Cornering and bends,
- Motorways and dual carriageways
- Urban riding and filtering.
- Overtaking

It may take several sessions to get you up to the required level. There is no set expectation of progress, and there is no limitation to the number of training sessions will attempt to provide to ensure you progress and develop your skills in preparation for your advanced riding test.

As your skills improve there will be fewer stops and more miles will be covered. The closer you get to being test ready the more your Tutor will be concentrating on the small details which will mark you out as an advanced motorcycle rider Accuracy, Efficiency and Consistency.

The practice that you get in between sessions is just as important, if not more so, than your time with your Tutor. There is no substitute for practice - get out and ride your motorcycle - miles really do matter!

Your confidence will grow and your fears will subside. You will look forward to making progress along a new road which you do not know - you will be able to read the road like an open book - you will be enjoying yourself!

Theory

We aim to provide you with the skill and knowledge to be a high performing ‘thinking’ motorcyclist. We are not simply trying to prepare you for an examination to provide the highest level of motorcycle riding qualification a civilian rider can attain, but to provide a deeper understanding of what is contained in ‘Roadcraft’.

As well as the on-road riding skills, which you will gain during the training sessions, your Tutor will also discuss and demonstrate other issues which could have a great influence on your safety, specifically how to check both yourself and your motorcycle is fit for the road.

While this is covered with your tutor, some people find it difficult to find the time to read the book’s, or find that learning in isolation is not for them. With this in mind we will hold periodic ‘theory sessions’ during the riding season. We aim to provide these at time of collective convenience and try to provide a fun and useful group learning experience to collections of trainees. Attendance is not compulsory but is considered highly beneficial.

Your Training: Unhappy with any aspect?

On a rare occasion, there may be an aspect about either your training or your Tutor that you might be unhappy about. It might be a personality clash, a point of confusion about what your being asked to do, a feeling that you are being taught to ‘suck eggs’. Generally, give them a chance - they might be as nervous as you on the first session - after all, you’re all getting to know each other.

Failing that - get in touch with the Training Officer (their contact details are on page 1) or another club official and they’ll do their best to sort things out. This could be an alternative opinion, some guidance, or if necessary, to appoint a new Tutor.

Test Ready?

When both you and your tutor believe you have reached the required competence to take you RoSPA advanced motorcycling test, they will pass you onto one of our ‘advanced tutors’ who will arrange a completely separate ride, solely with the associate, to provide a completely independent assessment. The aim is two-fold;

- The act as a check of our own training standard
- To provide you with the highest level of confidence and preparation we can collectively manage

The RoSPA Advanced Motorcycle Test

Your Tutor will tell you when, in their opinion you have acquired the level of skill and knowledge to take your RoSPA Advanced Motorcycle Test. You apply for your own test via 'applications' at the ROSPA RoaDAR website:

<https://www.roadar.org.uk/applications/applications>

Soon after you have completed and submitted the application form to the RoSPA Headquarters in Birmingham, you will receive confirmation that a local examiner has been sent your details. Your Examiner will contact you to arrange a suitable time and date for your test. Turn up at the arranged location in plenty of time. If you are rushing to get there you will not be in the best state of mind to give of your best on the test ride!

Prepare everything the night before (if possible) - ensure that your bike is reasonably clean and in good order and that you have your documents with you.

Your nerves will play a part in your performance but your Examiner will be experienced and will make allowances for your nerves. Your Examiner should make every effort to put you at your ease and will explain what will be expected of you during the test and how the test will be conducted - if there is anything which you do not understand - ASK!

Your test will last about 1 hr 30mins and will normally cover a wide variety of roads - very much like your training sessions. When you have completed the riding section your Examiner will ask you a few questions based on the 'Highway Code' and 'Roadcraft'.

At the completion of your test your Examiner will inform you of your result. RoSPA HQ will send to you a written report and confirmation of your Grade - Gold, Silver or Bronze.

At the conclusion of your test call your Tutor with your result - the call will mean a great deal to them!

And then congratulate yourself - you deserve it!

Safety Guidelines

Safety is Paramount

A number of rules and guidelines have been established to ensure that both you and your Tutor are not put in any danger, whether physical or legal.

Please ensure that you comply with these. If you are unsure about anything please discuss your concerns with your Tutor.

All training Rides must:-

- Comply with all Road Traffic Regulations
- Not exceed posted speed limits.
- Not bring the Group into disrepute.

All Associates must:-

- Ensure that their motorcycle is well maintained and road legal.
- Wear appropriate Protective Clothing.
- Take responsibility for their own actions and decisions.

All Associates should:-

- Turn up on time at agreed location to meet their Tutor.
- Turn up with sufficient fuel for 100/150 miles.

Make every effort to practise the riding skills as directed by their Tutor.

Life Beyond Gold

Congratulations, you've attained a GOLD standard pass in your ROSPA advanced motorcycle test. But that's not the end — only a new beginning.

The first thing to consider is how you will maintain the GOLD standard. Just like your build up to test, the only way is to continue to practice and refine the skills that you have learned.

One way to do this is to undertake TUTOR training. This is open to all GOLD standard members.

The process is carried out by Group Advanced Tutors. It includes classroom sessions which cover the training of new Associates from Assessment rides, through Structured Lessons to knowing when an Associate is ready for test. There are also On Road sessions to cover the 'Training Position', roadside debriefing, demonstration riding and much more.

Further classroom sessions cover Roadcraft and the Highway Code.

Those that pass this initial training will be supervised and assisted by an Advanced Tutor whilst they take their first Associate from Assessment to Test.

That's not all ...

The Advanced Tutor has been mentioned a couple of times. This is a further RoSPA qualification which requires the student to produce a GOLD standard ride and then to follow, assess and debrief the Examiner!

Our Group encourages those members who want to progress to this level to firstly become TUTORS. Then to Tutor a number of Associates through to GOLD standard. Our Advanced Tutors will then guide them through to taking the Advanced Tutor Test.

Appendices

1. Attendance at Ride Outs

Derbyshire RoSPA Advanced Motorcyclists has established a number of rules and guidelines to help ensure the safety and enjoyment of those participating in organised ride outs and they can be found on the website or are available on request.

The club also runs a monthly Group Ride Out usually scheduled for the second Sunday of the month. Please note, these are open to all members and are led by Silver and Gold riders. (A good incentive to get on with your training and take your RoSPA test).

2. Group Ride-Outs

Being able to attend the open ride-outs as an Associate is a great way to boost your learning as you're riding with a group of riders who are largely all doing the same thing. It's also a great way to get to know your fellow club members.

Whether an evening or day ride, there's a few things to bear in mind:

It is expected that:

- The ride will be conducted within the spirit of 'Motorcycle Roadcraft'
- The ride will be conducted in a safe and legal manner
- The riders will respect one another and other road users at all times
- Overtaking is allowed providing it is clean, respectful and legal
- Everyone to know that they are to ride their own ride, ride at a pace they are comfortable with, and is responsible for their own safety.
- The group will not knowingly leave anyone behind.

Get there early - full up with fuel and attend the Pre-Ride Briefing All participants should start with full fuel tanks (if requested) and you need to arrive 15 minutes early for the pre-ride briefing! Non-attendance at the briefing means you DON'T GO!

Before setting off, the Leader will brief the participants about the route and arrangements for coffee/food stops and the availability of fuel stations (if required).

Why a full tank of fuel? The ride leader has gone to great effort to plan their ride this includes the availability of fuel stops at the necessary intervals to suit the rider with the smallest tank. The last thing they want, is to have to abandon their route to find a fuel stop for someone that is running low. This way, we all get around with the minimum of fuel stops.

Out on the road, as well as the Leader, the Group will also have a Back Marker. Ideally, the Leader and Back Marker, between them, they will endeavour to keep the Group together and hopefully accommodate all members of the Group whatever their skill level.

Anyone leaving the ride out part way through must inform the Group Leader before going.

Participating in Open Ride Outs is beneficial for all Associates undertaking regular training. Come along and join us as often as possible - you never know - you might even enjoy yourself!

Notes Page

