

## What you need for the first day of the range exercises –

- Get a good night's sleep.
- Know the range location (Stubbs HD or San Jacinto HD)
- Be on time (or early)

## Come Prepared and dressed appropriately with:

- Long sleeve shirt or jacket
- Full-fingered gloves
- Sunglasses – Prescription glasses – Safety glasses
- Long pants (Blue jean – no holes – rips – tears)
- Over-the-ankle boots/shoes (prefer motorcycle riding leather boot)
- Rain gear or extra clothing (in case of rain)
- Drinking water and snacks (Gatorade, liquid IV, Pedialyte)

Check with your training site to verify what you need. A riding helmet is supplied along with a training motorcycle.

## Range Safety Rules

1. Do not practice without Rider Coach permission.
2. Always wear all your protective gear when seated on the motorcycle, even when the engine is off.
3. Know the location of the engine cut-off switch and how to use it.
4. Keep the clutch lever covered during early skill development (especially the first few exercises). This is because a quick squeeze of the clutch lever will remove engine power from the rear wheel. Always be prepared to reach and squeeze it.
5. If you start to accelerate out of control, squeeze in the clutch lever and apply the brakes.
6. Be ready to roll off the throttle to use the front brake lever. Keep your fingers around the throttle with your wrist flat to help with handlebar and throttle control.
7. Keep a time-and-space margin of safety; check front, sides and rear before moving out.
8. Yield to other riders as necessary.
9. Use courtesy and cooperation when sharing the range.
10. Do not pass other riders unless directed to do so.
11. If you have a problem, move out of the path of travel if you can, and stop. A Rider Coach will assist you.
12. Stop smoothly in position if you see or hear a group stop signal.
13. If you get behind in an exercise, do not rush to catch up. Take your time.
14. If you have tip-over, do not pick up the motorcycle. Be sure the engine is off. A Rider Coach will help.
15. If you do not understand an exercise or become too uncomfortable to ride it safely, let a Rider Coach know.