Associate Training Programme

The modular system of training was originally designed to create a consistent approach to the provision of tuition within the group. The programme was designed to provide an easy to follow rider improvement package and used modules to introduce key elements to the trainee. This system of training is no longer used within the group as it was deemed too inflexible, but the module content can still provide a handy checklist once the trainee has completed several sessions, or once they are ready for a pre-test.

Module 1

- Pre-ride and roadworthiness checks
- The system. Explain the purpose of the system
- Define the three main types of hazard
- How to apply the system in relation to hazards
- Machine Control, Correct use of controls
- Understanding of bike stability, skids and grip
- Slow riding technique.
- Acceleration sense.

Module 2 (Town Based)

- Observations
- Why are observations Vital to safe riding
- Translating observation into a riding plan
- Ways to improve your observations
- Use visual links and road furniture
- Signals, Define type of signal available
- What is the purpose of a signal
- How to avoid confusion
- Signals for courtesy
- Hazards, Define the 3 hazard types
- Define prioritising hazards
- Understand the application of the system to a hazard
- Ways to avoid a hazard

Module 3 (Rural Based)

- Cornering, Understand the dynamics and forces affecting cornering and use of limit point in bend assessment
- Use of the system in cornering
- Best course around a bend
- Tyre grip trade off
- Positioning
- Position priority (SSV) positioning in relation to hazards, positioning to influence
- Speed & Safety
- Understand how to assess a safe speed in relation to the circumstances
- Understand the effect of speed on observations
- Scenarios where speed assessment is difficult.

Module 4

- Overtaking
- Advantages of a motorcycle in overtaking
- Define the types of overtaking
- define 8 safety points or hazards in relation to an overtake
- Positioning while considering an overtake
- Filtering, define filtering
- Special consideration to specific hazards
- define extra physical hazards in filtering
- explore scenarios where filtering is illegal

Module 5

- Motorway and Dual carriageway.
- Special speed considerations
- Joining and exiting a motorway
- Lane discipline
- Fatigue
- Extending observations due to increased speed

Module 6 (Discussion Session)

- Student Feedback and identification of any Student concerns
- Discuss Night Riding
- Discuss Poor weather riding
- Discuss Group Riding
- Final Assessment Ride with an Advanced Tutor