

Motorcycle Safety Foundation Dirt Bike School Training Request

(Submit to paul.leventis@vandenberg.af.mil)

1) Name:

2) Phone Number:

3) E-Mail:

4) Status:

A) Active Duty Military (\$25)

B) All Others (\$75)

5) Date of Birth:

6) Motorcycle Size and Type:

7) Riding Experience:

A) New Rider

B) Novice

C) Intermediate

D) Experienced

8) Preferred Training Day of Week:

9) Additional Comments/Questions/ Special Requests:

The **MSF DirtBike School** is designed to teach off-highway motorcycle riders the basic principles and behaviors of safe and responsible off-highway motorcycle riding. The course consists of both discussion lessons and riding lessons. The discussion lessons provide discovery and discussion of the principles and practices of riding an off-highway motorcycle. The riding lessons provide riders hands-on practice of riding exercises under the supervision of a Coach.

A rider's knowledge and skills are evaluated throughout the class. Each lesson contains specific objectives and evaluation points. A rider works toward achieving the objective of a lesson by learning and practicing structured activities within *DirtBike School*. Riders are provided positive reinforcement not only to develop skills but to recognize and appreciate safe, responsible riding practices.

LESSON TIME / CONTENT (~ 4.0 Hours, lesson times are estimates)

- 1 - 20 min Class Welcome/Introduction
- 2 - 10 min Range Signals, Rules, and Warm-up Exercises
- 3 - 10 min Controls
- 4 - 5 min Engine Start/Stop
- 5 - 20 min Moving the Motorcycle
- 6 - 15 min Starting/Stopping Drill
- 7 - 15 min Riding Posture
- 8 - 15 min Shifting
- 9 - 15 min Lower Body Control
- 10 - 20 min Turning
- 11 - 15 min Riding Management
- 12 - 20 min Turning and Gap Selection
- 13 - 15 min Counterbalancing
- 14 - 10 min Riding Over Obstacles
- 15 - 15 min U-Turns
- 16 - 15 min K-Turn
- 17 - 15 min Traversing Hills
- 18 - 10 min Riding Responsibly
- 19 - 10 min Post-Ride Check/Dismissal

What you must bring...

- 1) Protective Gear ("No skin below the chin!")
 - Helmet
 - Goggles
 - Over-the-ankle shoes/boots
 - Gloves
 - Long sleeve shirt
 - Long pants
- 2) Your Motorcycle, gassed up.
- 3) Your cash/check for the course.
- 4) ID or CAC card for eligibility verification

What you should bring ...

- 1) Drinks and lunch (No alcohol)
- 2) Folding or lawn chair
- 3) Good attitude and open mind