

SAMPLE OF SECTIONS FROM EBOOK

CBT COURSE

MOTORCYCLE
RIDERS HUB



Sample Pack

KEEP IT ON THE BLACK STUFF

MotorcycleRidersHub.co.uk

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The information contained in this ebook is accurate at the time of publication.

This ebook is intended to be used alongside the corresponding Motorcycle Riders Hub Academy and the undertaking of professional motorcycle training.

Use this document as a guide and learning platform to help enhance skills and knowledge. Use of this ebook is subject to Motorcycle Riders Hub terms and conditions.



ABOUT SIMON HAYES

A full time instructor since 1991, Simon Hayes is a highly experienced motorcycle instructor and well known within the industry. Simon's first six years as an instructor were spent teaching military personnel, where he had a 100% success rate and earned a reputation for high level training.

Since 1996 Simon has operated a respected multisite motorcycle training business covering Birmingham and the Midlands. Over thirty years of dedication to the highest possible standards of motorcycle training has forged a reputation for excellence. Simon has seen many changes and challenges affecting the industry, his own training school has continued to thrive and develop.

Over these decades Simon has covered over a million miles and personally delivered novice to advanced training to many thousands of bikers. Simon is also sought after UK wide as an accomplished instructor trainer and has introduced countless new motorcycle instructors to the sector. In addition, Simon maintains a busy diary of European Tours covering advanced riding on the continent, off road training, track day training, local club and charity rides.

Some years ago, Simon began to improve his students motorcycle training experience through complimentary video based training.

Through pre-course learning students are able to visualise motorcycle skills training and find that their practical training is greatly enhanced.

Over a ten year period, these video training resources were refined, resulting in a first edition being formally published and more widely available.



ABOUT SIMON HAYES CONTINUED...

From starting video training on a DVD, the delivery has been changed and nurtured into Motorcycle Riders Hub, the UK's first 100% video based motorcycle training resource. As the founder of Motorcycle Riders Hub, Simon's vision is to enhance rider training and safety across the UK, empowering both new and experienced riders to continually improve their skills.

Simon believes that the Motorcycle Riders Hub resources should not be used in isolation and must not be viewed as a substitute for professional motorcycle training. To get the best out of the training resource, riders should use the video training and practical training in conjunction to elevate their learning experience. Practical training alone does not give learner riders all the tools they need.

Motorcycle Riders Hub is supported by a number of full time trainers and other professional motorcyclists, as well as an Advisory Panel, they are all committed to road safety and the values of 'Keep it on the black stuff'.

As Motorcycle Riders Hub continues to develop, its aim is to give riders a useful dedicated elearning platform. Simon's ambition is to reach as many new riders as possible countrywide to help and guide them to become better riders, his commitment to motorcycle training continues with an ongoing full schedule of practical courses.

Motorcycle Riders Hub
Keep it on the black stuff



ABOUT MOTORCYCLE RIDERS HUB

Over the decades there has been significant changes made to motorcycle training. The latest development in rider training saw the introduction and implementation of CBT, Module 1 and Module 2 motorcycle tests. The result has been a substantial uplift in learner riders skills and ability.

Our vision is to help learner riders at all levels to improve their knowledge, ability and skills by using an online elearning platform to raise personal riding standards.

Motorcycle Riders Hub is the UK's only 100% online motorcycle video training resource helping learner riders through their Compulsory Basic Training (CBT), Direct Access, Module 1 and Module 2 motorcycle tests.

The online program of dedicated guidance and learning resources will help all riders to develop and enhance their skills, ensuring they are better and safer riders and can keep it on the black stuff.



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Sample sections highlighted.
From the CBT ebook.

COURSE EXPLAINED

The Motorcycle Riders Hub CBT Course does not substitute professional motorcycle training. It has been structured to enhance the skills and knowledge gained through Compulsory Basic Training (CBT) and as an essential learning platform.

For students embarking on motorcycling for the first time, there is a lot to take in during one days training. This is especially true for those who are completely new to the road who may find it difficult to take it all in and set the required skills.

CBT Course has been put together by a team of highly experienced, skilled and qualified motorcycle instructors. It has been further enhanced through student feedback and then endorsed by an independent Advisory Panel.

Content includes:

- ▶ Video modules covering essential skills
- ▶ Instructional training video road rides
- ▶ Training podcasts
- ▶ Comprehensive ebook
- ▶ Tests to measure progress
- ▶ Motorcycle Instructor top tips
- ▶ Ongoing updates to the learner resources

The goal of CBT Course is to be a better skilled, more confident and safer rider. The course enhances a student's motorcycle training experience through pre-learning and the opportunity to visualise and internalise the core components of safe motorcycle riding with instructional videos.

To maximise knowledge and understanding, students can watch the videos as many times as they like, plus listen to the podcast, read the ebook and complete the check tests.

The outcome is a better prepared, less stressed training experience. Motorcycle instructors are more empowered to train, because students attend with a higher induction level from home learning prior to them attending the CBT Course.



OPERATING THE CONTROLS

With respect to these additional controls, it is natural for learner riders to glance down to use them initially. Practice is the essential stepping stone to a rider keeping their eyes on the road, whilst operating the other controls. Even though motorcycle controls can vary slightly between models, the most common configuration is as follows:

Left switch gear

Controls that are operated with the thumb of the left hand are:

- ▶ Horn
- ▶ Left and right indicator switch
- ▶ Indicator cancelling switch
- ▶ Headlight (low and high beam).
- ▶ The passing light switch is normally situated on the front of the left switch gear and is operated using the first finger of the left hand.

Central controls

There may be some variations on different motorcycles, for most learner style motorcycles, the only central control is the ignition. This can be operated with either hand and would only be operated whilst the motorcycle is stationary and out of gear (in neutral).

- ▶ Clocks
- ▶ Speedometer
- ▶ Rev counter
- ▶ Fuel gauge
- ▶ Indicator and warning lights

Right switch gear

Controls that are operated with the thumb of the right hand are:

- ▶ Starter button
- ▶ Emergency kill switch.



Instructor Tip

"There are of additional accessory switches, such as heated grips, that can be fitted for rider comfort."

T JUNCTION - TURN LEFT

(LEFT TURN: MINOR TO MAJOR)

The most common junctions for learner riders to negotiate are T junctions and side roads.

In all cases the OSMP SL routine is the key to preparation when approaching a junction. Riders should slow down in plenty of time and look early into the junction, ensuring the best road position is adopted, ready to stop or continue.

Turning left at a T junction (also known as left turn, minor to major), is one of the easiest junctions but it does have a few risk factors to consider.

On approach, riders will normally need to position slightly left in the left wheel track (where the left hand wheel of a car would generally be), but be aware of road surface hazards and parked vehicles.

Be vigilant and look out for overtaking traffic by using mirror checks as required. Once at the junction be aware of impatient road users trying to overtake.

Remember:

- ▶ Also known as a 'left turn - minor to major'
- ▶ Use the OSMP SL routine on approach
- ▶ Ensure position is correct and protect road space
- ▶ Adopt the correct speed on approach
- ▶ Always be ready to stop at the junction
- ▶ Decide a car length away from the junction to either look forward and stop in first gear behind the white line. Or to look forward, in the direction of travel and ride on
- ▶ Follow the kerb line around at the junction for good position
- ▶ When safe, go out of the junction slowly and under control

Instructor Tip

"Cancel signal, once in the new lane."

