CBT & National Standards for Riding Mopeds and Motorcycles

Role 1 - Preparing the machine and its passengers for a journey

Role 2 - Guide and control the machine

Role 3 - Use the road according to the highway code
Role 4 - Ride safely and efficiently in the traffic system

Role 5 - Review and adjust riding behaviour over lifetime

Remote Learning (Element 1)

Introduction

Item 1

Benefits of 2 wheels

Aims of CBT

Structure of the course (Remote Learning and Practical Session)

Outline of Modules/Elements

Progression through the Modules/ Elements

What successful completion allows learners to do

What determines successful completion

Other learning resources that will help with learning to ride

Correct Safely Maintained Vehicle

Item 2

Vehicle types

Fuel types

Identifying common controls

Using common controls

Conducting maintenance checks

Correctly Equipped Rider

Item 3

Helmets

Visors / Goggles

Gloves

Jackets and Trousers

Boots

Alternatives

Barriers to buying

Correct Rider Attitude

Item 4

Understanding behaviour and risk

The difference between skills and choices

Coping strategies for challenging situations and environments

The effects of incidents on yourself and others

Positive riding behaviour to reduce risk

The effects of drugs and alcohol

Legal requirements for riding on the road

Correct Knowledge and Hazard Perception

Item 5

The purpose of the highway code

Where to get a copy

Highway code questions

Hazard Perception clips

Ready to Ride

Practical Learning (Elements 2 to 5)

Making sure you are ready to ride

Item 6

Driving licence check

Validating remote learning

Eyesight Check

Clothing and equipment check

Correct Practical skills off road

Item 7

Motorcycle controls and how they work

Maintenance Checks

Manual Handling

Starting and stopping the engine

Moving away and stopping

Riding slowly

Controlled braking

Gear Changing

Steering

Slalom & Figure of 8

U turn

Emergency stop

Rear Observation

OSM PSL

Simulated Junctions

Complex junctions and roundabout discussion

Pre road ride briefing

Item 8

Radio briefing

Group riding

Dealing with splits

Dealing with breakdown or other problems

Dealing with the likely hazards

Discussion on filtering, overtaking and separation distance

Trainee and trainer to agree on progressing to the road

Correct Practical skills on road

Item 9

2 Part road ride

Part 1, minimum 1 hour. Nursery route with compulsory on road exercises

30 minute discussion about session and to introduce behavioural influences and outcomes

Part 2, Minimum 1 hour. To include remaining traffic situations

Ready to Travel

Beyond CBT

Further training and full licence acquisition

Beyond CBT

AM
A1
A2
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