

# Dirtbike School Curriculum

| Lesson                                       | Objectives  |
|--|---|
| 1 Class Welcome/Introduction                 | <ul style="list-style-type: none"><li>• Introduction of coaches and other students</li><li>• Importance of personal protective gear</li><li>• Proper motorcycle setup</li><li>• Pre-ride inspection</li></ul>   |
| 2 Range Signals, Rules and Warm-up Exercises | <ul style="list-style-type: none"><li>• Know the range signals</li><li>• Rules of riding on the range</li><li>• Warm up and stretching</li></ul>  |
| 3 Controls                                   | <ul style="list-style-type: none"><li>• Proper use of protective gear</li><li>• Correct mounting and dismounting procedure</li><li>• Correct posture</li><li>• Proper operation of controls</li></ul>   |
| 4 Engine Start/Stop                          | <ul style="list-style-type: none"><li>• Use of FINE-C procedure to start the engine</li><li>• Proper shutdown procedure</li></ul>   |
| 5 Moving the Motorcycle                      | <ul style="list-style-type: none"><li>• Accurate clutch/throttle usage</li><li>• Control of the motorcycle</li><li>• Smooth motion while starting and stopping</li><li>• Head and eyes up, looking ahead</li><li>• Knees in against tank</li><li>• Smooth brake application</li></ul> |
| 6 Starting/Stopping Drill                    | <ul style="list-style-type: none"><li>• Smooth, controlled starts, using friction zone</li><li>• Controlled, accurate stops, using both brakes</li></ul>  |
| 7 Riding Posture                             | <ul style="list-style-type: none"><li>• Proper foot placement</li><li>• Correct standing posture</li><li>• Eyes and head up</li><li>• Smooth clutch and throttle control</li><li>• Maintain control of motorcycle</li></ul>   |
| 8 Shifting                                   | <ul style="list-style-type: none"><li>• Use proper procedures and techniques when shifting</li></ul>  |

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|---|--|
| 9 Lower Body Control                                      | <ul style="list-style-type: none"> <li>• Coordinate clutch and throttle control</li> <li>• Match engine speed with motorcycle speed</li> <li>• Ease clutch out smoothly for downshifting</li> <li>• Correct riding posture</li> <li>• Steady, smooth throttle</li> <li>• Look ahead</li> <li>• Initiate turn using lower body</li> <li>• Maintain adequate following distance</li> </ul> |
| 10 Turning  | <ul style="list-style-type: none"> <li>• Correct riding posture</li> <li>• Slow prior to turning</li> <li>• Look through the turn</li> <li>• Lean motorcycle into turn</li> <li>• Maintain adequate following distance</li> </ul>  |
| 11 Riding Management <i>Discussion Lesson - No Riding</i> | <ul style="list-style-type: none"> <li>• State causes of motorcycle mishaps</li> <li>• Name a strategy to help manage risk</li> <li>• Identify terrain variables that influence decisions</li> </ul>   |
| 12 Turning and Gap Selection                              | <ul style="list-style-type: none"> <li>• Correct riding posture</li> <li>• Look through turns</li> <li>• Proper weight shift</li> <li>• Smooth throttle control</li> <li>• Smooth shifts</li> <li>• Maintain safe following distance</li> <li>• Use SEE strategy to reduce risks</li> </ul>  |
| 13 Counterbalancing                                       | <ul style="list-style-type: none"> <li>• Proper standing rider posture</li> <li>• Look ahead</li> <li>• Lean motorcycle in the direction of turn</li> <li>• Weight outside footpeg</li> <li>• Upper body positioned on outside of turn</li> <li>• Use clutch/throttle to maintain directional control</li> </ul>   |
| 14 Riding over Obstacles                                  | <ul style="list-style-type: none"> <li>• Approach obstacle close to 90 degrees</li> <li>• Slow before obstacle</li> </ul>  |

## Lesson

## Objectives

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|---|--|
| 15 K-Turn   | <ul style="list-style-type: none"><li>• Stand on footpegs with knees and elbows bent</li><li>• Unweight the front</li></ul>                                      |
| 16 U-Turns  | <ul style="list-style-type: none"><li>• Perform K-Turn when you have lost momentum going up a hill</li><li>• Ride up, turn around and ride down a hill</li></ul> |
| 17 Traversing Hills   | <ul style="list-style-type: none"><li>• Use the correct technique to ride across a hill</li></ul>  |
| 18 Riding Responsibly<br><i>Discussion Lesson - No Riding</i> | <ul style="list-style-type: none"><li>• Name positive and responsible riding behaviors</li><li>• Name laws that apply in your area</li></ul>                     |
| 19 Post-Ride Check/Dismissal                                  | <ul style="list-style-type: none"><li>• Understanding steps to be covered in post-ride check</li><li>• Class dismissal</li></ul>                                 |