HEALTH and SAFETY NOTICES
April 2023

These messages are for **ALL PERSONS** attending, instructing or observing in-person training activities on the range or in the classroom.

Health & Safety Notices

Motorcycle safety training is hard work. Range exercises demand physical stamina, motor coordination and mental alertness. Personal safety is the most important priority in all MSF training programs. All participants -- students AND instructors -- must be in good health to participate in training activities.

Do not participate in training if you suffer from heart disease or other serious medical conditions, feel sick, dehydrated, over-tired, or are just not feeling your best.

Healthy Habits

To prepare for a good training day, stay healthy and follow these suggestions:

- Get adequate sleep
- Eat a good meal
- Drink plenty of water
- Wear sunscreen
- Focus on training and tune out distractions
- Do not consume alcohol or drugs
- Avoid medication that makes you drowsy
- Dress appropriately for the conditions

Personal Protective Gear Checklist -- Wear All the Gear, All the Time

- DOT-compliant helmet
- Eye protection
- Hearing protection
- Sturdy over-the-ankle footwear
- Full-fingered abrasion-resistant gloves
- Long pants of durable material
- Long sleeves of durable material

COVID-19

COVID-19 is an extremely dangerous and contagious disease that can lead to severe illness and death. An inherent risk of exposure to COVID-19 exists in any public place regardless of precautions that may be taken.

If you feel unwell or show signs/symptoms of illness, do not participate in classroom or range exercises, and leave the training site immediately.

By participating in training activities, you acknowledge and voluntarily agree to assume all risks related to exposure to COVID-19 and other communicable diseases.

At the start of every training day, self-screen for the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Stay away from the training site, consult a health care provider, and get tested if you have any of these symptoms or are not feeling well.

Keep Your Head -- Wear a Helmet on the Range

In addition to required usage of DOT-compliant helmets by all students, MSF strongly recommends that ALL OTHER PERSONS present on the training range --RiderCoaches, training aides, Quality Assurance personnel, observers, and others – wear a high-quality helmet designed to absorb impact to the head in the event of a collision or fall. As an example, multi-sport or skateboard-style helmets providing coverage for the back of the head are a lightweight, comfortable choice, and may also offer protection from sun exposure.

RANGE EXERCISES

There are 14 riding exercises before the skill test. The exercises give you a step-by-step, building block process for learning to ride. You are allowed to ask questions at any time. Here is what happens in each exercise:

1. Your RiderCoach tells you the name of the exercise and the objective. Listen closely to the objective because it helps you focus your learning.
2. The general range setup will be described so you know what parts of the range are used.
3. You will be given specific instructions and a demonstration of where to go and what to do.
4. A RiderCoach will provide timely tips to help you with the proper path of travel as well as with riding procedures and techniques.
5. Many exercises include practice on the motorcycle with the engine off before actually riding. These simulated practices have you think about what you will do on the range.

Upon exercise completion, you may be asked questions like: What went well and why? What do you need to improve upon? **These questions help you understand the value of the skill and develop the habit of thinking and reflecting about your riding.**

Any continuous improvement requires self-assessment … *HONESTLY and FREQUENTLY* reflecting on your progress and how you are doing.

PRO MOTORCYCLE TRAINING

RANGE RULES

These are the range safety rules. You MUST follow these rules!

1. Do not practice without RiderCoach Permission.
2. Always wear all your protective gear when seated on the motorcycle, even when the engine is off.
3. Know the location of the engine cut-off switch and how to use it.
4. Keep the clutch lever covered during early skill development (especially the first few exercises). This is because a quick squeeze of the clutch lever will remove engine power from the rear wheel. Always be prepared to reach and squeeze it.
5. If you start to accelerate out of control, **squeeze in the clutch lever and gently apply the brakes**.
6. Be ready to roll off the throttle to use the front brake lever. Keep your fingers around the throttle with your wrist flat to help with handlebar and throttle control.
7. Keep a time-and-space margin of safety; check front, sides and rear before moving out.
8. Yield to other riders as necessary.
9. Use courtesy and cooperation when sharing the range.
10. Do not pass other riders unless directed to do so.
11. If you have a problem, move out of the path of travel if you can, and stop. A RiderCoach will assist you.
12. Stop smoothly in position if you see or hear a group signal.
13. If you get behind in an exercise, do not hurry your actions to catch up. Take your time.
14. If you have a tip-over, do not pick up the motorcycle. Be sure the engine is off. A RiderCoach will help.
15. If you do not understand an exercise or become too uncomfortable to ride it safely, let a RiderCoach know.

PRO MOTORCYCLE TRAINING

RANGE INFO

New Berlin Eisenhower HS/MS

Address: 4333 S Sunny Slope Rd
New Berlin, WI 53151

Google Link: [4333 S Sunny Slope Rd - NB Eisenhower]

https://www.google.com/maps/place/4333+S+Sunny+Slope+Rd,+New+Berlin,+WI+53151/@42.9641159,-88.0917454,449m/data=!3m1!1e3!4m6!3m5!1s0x880508d58333baf1:0x714e018c2a7ea1d5!8m2!3d42.9653712!4d-88.0927189!16s%2Fg%2F11pyp5gkx8?entry=ttu&g_ep=EgoyMDI2MDEyMS4wIKXMDSoASAFQAw%3D%3D

7 Mile Fair

Address: 940 27th St
Caledonia, WI 53108

Google Link: [940 27th St - 7 Mile Fair Range A]

https://www.google.com/maps/place/940+27th+St,+Caledonia,+WI+53108/@42.8288626,-87.954911,517m/data=!3m1!1e3!4m5!3m4!1s0x88056cc0556aea1d:0xa75a99ed8b00fff2!8m2!3d42.828595!4d-87.9567022?entry=ttu&g_ep=EgoyMDI2MDEyMS4wIKXMDSoASAFQAw%3D%3D