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KICK START PROGRAM



MOTORCYCLING
AUSTRALIA

Overview

Coaches Notes on Arrival to Coaching Area;

- * Arrive 1 hour before planned start time to personal Set Course and Lecture Area.
- * Organise any Paperwork for the Start and Completion of Kick Start Course.
- * As the Riders arrive, Greet each rider in Professional manner, Assist rider to unload and move bike to Lesson area ready for the first 6 lessons, note condition of fitted Kickstands or to use Bike Stand if necessary.
- * Instruct Rider or their parents to fill out Indemnity.
- * In conversation try to determine experience of each rider, ask rider or Parent if any medical condition coach should be aware of.
- * Check each rider has the correct good condition rider safety gear.
- * Visual Mechanical check over each bike to prevent any serious problems to stop rider taking part or delaying the Kick Start course.
- * Check completeness of entry paperwork before coaching starts, including guardianship form, Kickstart books and indemnity form.
- * Times given are a guide to plan your day, it may take longer than suggested to reach your Coaching goals depending on the skill level of the riders.
- * Tell riders to remove any sharp objects from their Pockets and remove & turn off Mobile phones.
- * Invite Parents to watch coaching

Suggested Lesson Equipment

- Cones x 30
- Spare Motorcycle Petrol and 2 stroke oil
- Fire Extinguisher
- First Aid Kit
- Tyre Pump and Gauge
- Bum bag or small toolbox with Tools
- Wide Masking tape for name tags & Marking Pen
- Kick Start Lesson Booklet
- Coaching Group list
- Accident report paperwork
- Pens
- Sunscreen
- Water
- White Board with Lesson Plan to Display
- Tape measure or rope to set KS coaching area
- Chairs
- Rubbish bags
- Shaded area

Important

- Do you have an MA coaching Permit
- Do you Have Guardianship forms
- Do you have land owners permission
- Do you have enough Kickstart booklets
- Do you have first Aid at the venue

Introduction

Suggested Time 20min

1. Objective

Your objective for this lesson is to introduce the new members to motorcycle sport through the Kick Start Coaching course.

2. Points to cover

- Introduce yourself, any assistant coaches/helpers and have riders tell name, age & riding experience.
- Tell riders how much fun they will have while improving your abilities.
- Give them Guidelines and Rules to participate in MA sanctioned events.
- Explain the importance of completing the Kick Start course for the accreditation
- Explain the reason for the Pre ride checks to bike & rider
- Coaching venue rules both on & off the coaching area

3. Read the indemnity

It is my duty to inform you that by entering this coaching course you acknowledged that motorcycle sport is dangerous and you are exposed to certain risks. You may be injured physically, mentally or worse. Your machinery or equipment may be damaged, lost or destroyed. Others may ride dangerously or with lack of skill. The track or event conditions may be hazardous and change without warning. You have an obligation to yourself and others to act safely and within the law, and the rules and regulations of Motorcycling Australia.

4. Discuss

- The purpose of the Kick Start Coaching
- Discuss how the Kick Start training will identify riders and Motorcycles ability.
- Discuss the purpose of the MA rules
- Discuss the importance & roles of the officials
- Discuss what 'risk awareness' is.

5. Discuss Risk Management

- To understand dangerous riding conditions
- To understand the importance of correct fitting safety riding gear
- To understand a motorcycles capabilities
- To understand MA & Motorcycle manufacturer's safety concerns
- To understand your own riding abilities
- To understand legal riding areas
- To understand it's better to make 'Safe Riding' decisions

6. Ask summary debrief questions

- Where are we allowed & not allowed to ride today?
- Why do we have MA rules?
- Tell me how you can demonstrate Risk Management?
- Why do we have MA officials?

Coach notes:

Lessons notes:

- **ENSURE ALL BIKES ARE AT YOUR TRAINING AREA FOR THE FIRST 5 LESSONS.**

Lesson 1 – motorcycle safety check and motorcycle controls

Suggested Time 15min

1. Read objective

Your objective for this lesson is to achieve a basic understanding of scrutineering for your machine, the checks that are conducted and why and an understanding of all the major controls of the machine.

2. Read evaluation points

You should be able to show all items on your Machine that need to be adjusted and fitted to pass a scrutineering check

3. Discuss

Controls

- Ignition, brakes, throttle, kill switch, gear shift, handle bars

What is scrutineering?

- Scrutineering topics:
- Plugged handlebars
- Ball ends on levers
- Brake and clutch free-play
- Self-closing throttle
- Valve caps
- Oil and water leaks
- Wheel weights
- Retractable foot pegs

4. Get all riders to show controls and scrutineer their own machine.

5. Ask summary debrief questions

- Which brake do we use when?
- Why do we plug the handlebars?
- Does your bike need to be scrutineered before each race meet?

Coach notes:

Lesson notes:

- ***This is a good lesson to get the riders parents/guardians involved to assist the riders to perform the checks/scrutineering of the bikes.***
- ***Try and avoid doing any mechanical work on the bikes unless you are mechanically qualified.***

Lesson 2 – motorcycle rider safety gear

Suggested Time 15min

1. Read objective

Your objective for this lesson is to achieve an understanding of all essential motorcycle rider safety gear and correct fitment.

Also show an understanding of optional safety gear that could be used

2. Read evaluation points

- Correct fitment of all essential riding gear.
- Correct fitment of all non-essential riding gear
- Including fastening helmet correctly.

3. Discuss

Essential rider gear – Appropriate to discipline

Helmet, Boots, Long pants, long sleeve, Gloves, Goggles, Back protector.

Non-essential rider gear

Knee protection, Elbow Protection, Neck protector, Tear offs.

4. Conduct exercise

5. Get all riders show how to fit and buckle up their helmet

6. Ask summery debreif questions

- Is Motorcycle riding dangerous?
- Why do you need to wear motorcycle boots?
- When do you need to wear your helmet?
- Do you need to wear a back protector?

Coach notes:

Lesson notes:

- **Use Samples to show the range of equipment that can be used as essential and non-essential rider safety gear**

Lesson 3 – Picking up bike

Suggested Time 15min

1. Read objective

Your objective for this lesson is to pick up your bike unassisted.

2. Read evaluation points

Picking up Bike evaluation points:

- Engine off
- Fuel off
- Bending knees
- Straight back
- Look up
- Hand placement
- Surface/ground conditions

3. Read directions

Spread riders and machines out, lay machines down (help may be required), turn handlebars to lock in appropriate direction, squat down next to handlebars, back straight, two hands grip

4. Demonstrate exercise while riders observe from coach position

5. Conduct exercise

6. Ask summary debrief questions

- Why do you need to be able to pick up your own bike?
- What dangers do you need to look for before picking it up?

Coach notes:

Lesson notes:

- **When conducting the exercise, assist each rider individually.**
- **You may be able to get parents to assist in this exercise**

Lesson 4 –Starting your machine

Suggested Time 15min

1. Read objective

Your objective for this lesson is to start your machine unassisted.

2. Read evaluation points

Bike starting evaluation points:

- Protective gear on
- Fuel on
- Bike in neutral
- Choke if needed
- Start Machine using Kick start/Electric start
- Turn off using kill switch
- Turn ignition off
- Dismount and secure the machine

3. Read directions

When the riders are in position, one at a time, they should be asked to start their bikes then turn off before the coach observes the next rider starts their bike.

4. Demonstrate exercise while riders observe from coach position

5. Conduct exercise

6. Ask summary debrief questions

- When do you need to use the Choke?
- How can you stop your bike if the kill switch is not working?
- Why should you put your bike in neutral before starting it?
- Where would you find it hard to place your bike on a stand?

Coach notes:

Lesson notes:

- **All riders must wear all safety gear when starting bikes**
- **Check all riders individually start bikes**
- **At the end of this exercise set bikes in place for lesson 6**
- **Suggested drink break**

Lesson 5 – Instructor signals, rules and warm up

Suggested Time 10min

1. Read objective

Your objective for this lesson is to provide understanding of coaching directions (verbal and non-verbal), riding rules and be physically ready to ride.

2. Read evaluation points

- Understanding instructor signals
- Awareness and understanding of rules for riding on the coaching area
- Knowledge of the importance of warming up

3. Demonstrate range/coach signals

Generic and discipline specific:

Start your engine	stop your engine
Stop	Stop at point
Line up	Speed up
Slow down	Spread out
Head up/look ahead	Shift weight forward

Other suggestions: follow me, elbows up, elbows down, shift weight, stand up

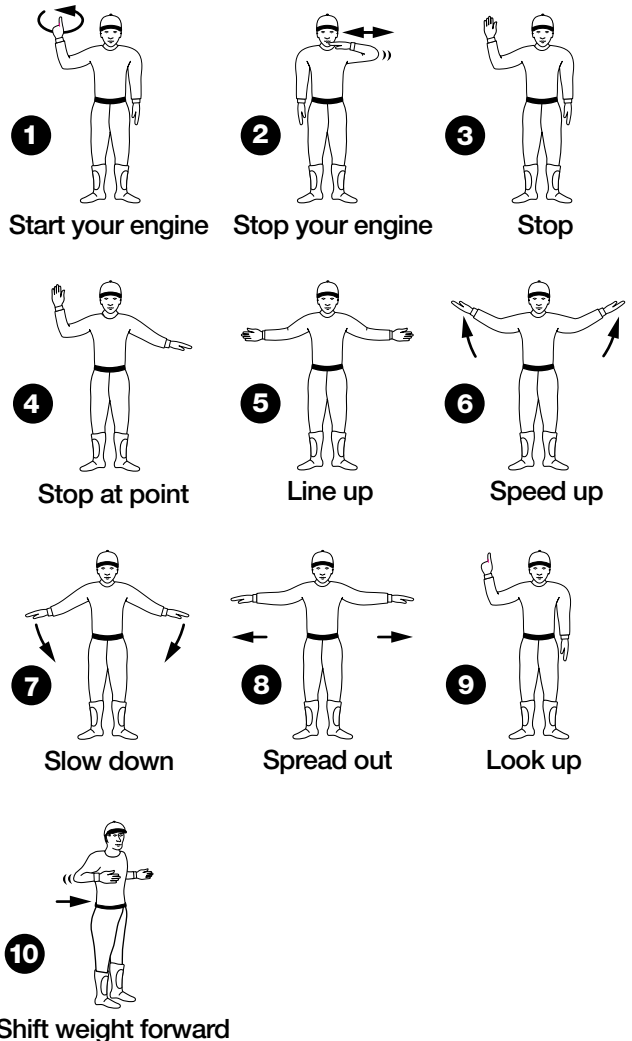
Coch's notes (additional signals):

4. Review rules

Rules of circuit/range/riding area:

- When riding always use full protective clothing
- If you don't understand any direction, ask for further information before starting the exercise
- Do not attempt any exercise beyond your capabilities
- Do not follow other riders too closely
- No showing off or performing unsafe manoeuvres
- **Only start engine when directed to do so**
- **Show riders where and how to line up at bus stop**

5. Perform warm-up exercises with the riders



6. Summary questions

- What is (signal) for?
- Do we need to follow all the coacher's instructions?
- Why do we warm up before riding?

Coch notes:

Lesson notes:

- **Walk the perimeter of the course as a warm up, and help the riders understand the direction of the exercises**
- **Ensure riders to do arm warm-ups during warm-up walk**

Lesson 6 – Starting and stopping

Suggested Time 15min

1. Read objective

Your objective for this lesson is to show the ability to move forward and stop at a designated point.

2. Read evaluation points

- Smooth clutch and throttle use
- Bringing machine to stop at stopping point
- Use of both brakes

3. Read directions

When directed
Protective gear on and fastened correctly

On my signal,
Mount and start motorcycle
When directed ride to the stop points indicated by the coach using both brakes to stop
Repeat as directed by the coach
On my signal ride the perimeter
On my signal return to the bus stop

Review
Show riders where and how to line up at bus stop
No overtaking on oval

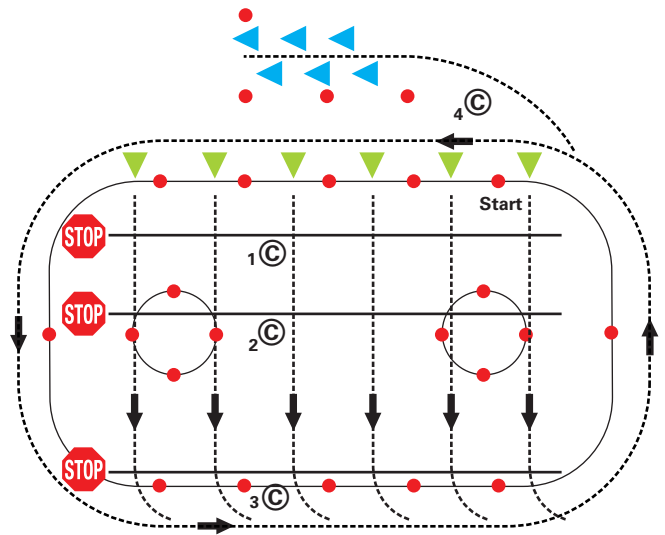
4. Demonstrate exercise while riders observe from coach position

5. Conduct exercise

6. Ask summary debrief questions

- Why do we need to be smooth with clutch and throttle?
- Why do we use both brakes?

Coach notes:



Lesson notes:

- **Important to re-address the rules and signals at this point just prior to riding the bikes on the riding area**
- **After this lesson reset cones for next lesson (lesson 7)**
- **No overtaking/passing**

Lesson 7 – Shifting gears

Suggested Time 15min

1. Read objective

Your objective for this lesson is to shift gears smoothly and safely.

2. Read evaluation points

- Smooth gear change up
- Smooth gear change down
- Smooth throttle application
- Smooth clutch application
- Maintain a safe follow distance

3. Read directions

When directed,

Protective gear on and fastened correctly

On my signal,

Ride course perimeter in central seated/
standing position

Change up one gear for the straight section
and change down one gear for bend or turn

On my signal return to the bus stop

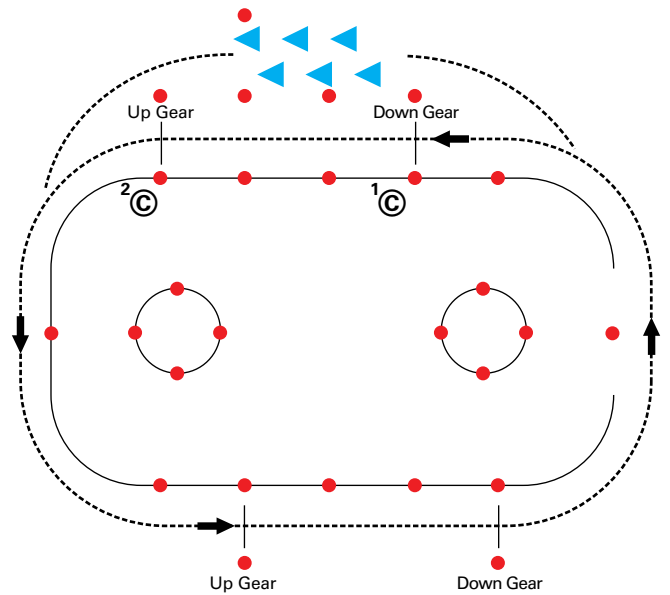
4. Demonstrate exercise while riders observe from coach position

5. Conduct exercise

6. Ask summary debrief questions

- Do all motorcycles have gears?
- Why do we need to shift smoothly?
- Do we need to roll off the throttle to shift?
- Why is it important to have your controls set in the right position for you?

Coach notes:



Add cones for Shift up Gear and down gear

Lesson notes:

- **No overtaking/passing**
- **This lesson can be run as a seated or standing lesson, or can be run both seated and standing**

Lesson 8 – Riding posture

Suggested Time 15min

1. Read objective

Your objective for this lesson is to operate the motorcycle properly while standing or sitting on

2. Read evaluation points

- Proper foot placement
- Proper knee position
- Head position
- Hand position
- Elbows position
- Central posture on the bike
- Maintain a safe following distance

3. Explain purpose of central riding position, standing and seated, as you give a static demonstration

4. Review signals: knees in, speed up, stand up

5. Read directions

When directed
Protective gear on and fastened correctly

On my signal,
Ride course perimeter in central seated/standing position

If directed, move to the inner oval

On my signal, move back to the perimeter

On my signal, return and stop at the bus stop

On my signal,

Repeat exercise in reverse direction (session 2)

6. Demonstrate exercise while riders observe from coach position

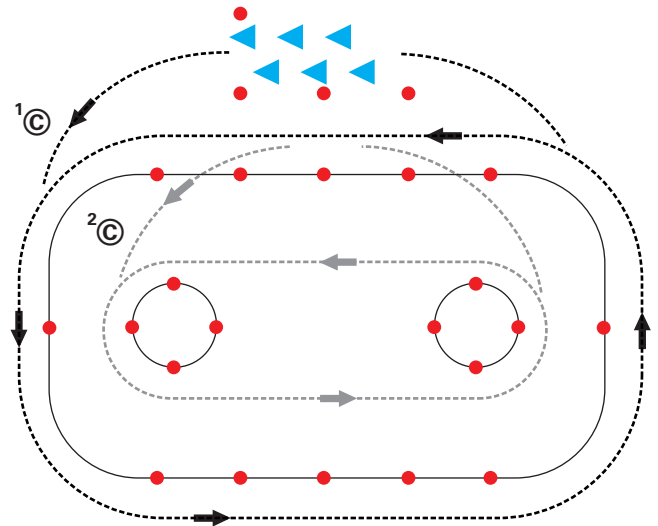
7. Evaluate riders static practice

8. Conduct exercise

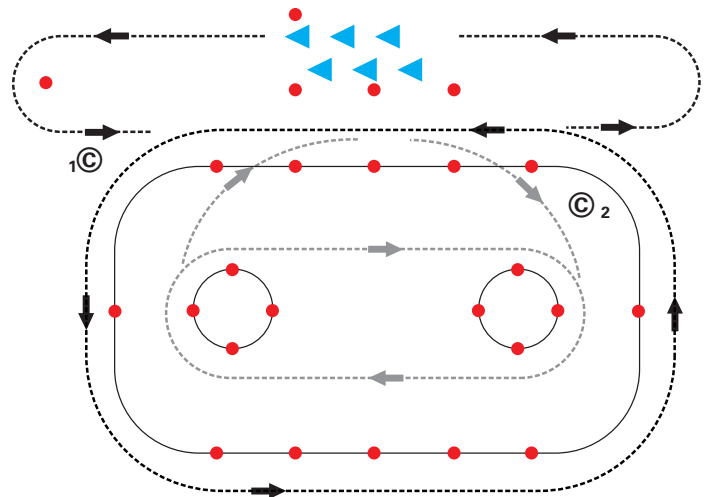
9. Ask summary debrief questions

- When do we need to stand up on the motorcycle?
- How do you feel in both positions?

Session 1



Session 2



Coach notes:

Lesson notes:

- This lesson must be run in both directions
- This lesson can be run as two separate lessons, standing and seated, or just one or the other if applicable
- If any rider is having trouble with the exercise they can be moved into the smaller oval for extra coaching attention
- Use the bus stop to stop riders before moving into reverse direction

Lesson 9 – Braking

Suggested Time 15min

1. Read objective

Your objective for this lesson is to show the ability to anticipate, make decisions and act when required to stop suddenly.

2. Read evaluation points

- Correct body position
- Head and eyes up
- Apply brakes firmly using both brakes and change down gears
- Maintain control during stop
- Smooth clutch use on restart

3. Read directions

When directed

Protective gear on and fastened correctly

On my signal,

Ride the perimeter to the start point and form one line

On my signal, accelerate to braking area

Perform effective braking using both brakes

Rider must come to a stop

Ride the perimeter return to join the end of the line at the start point

Repeat exercise until directed to the Bus stop

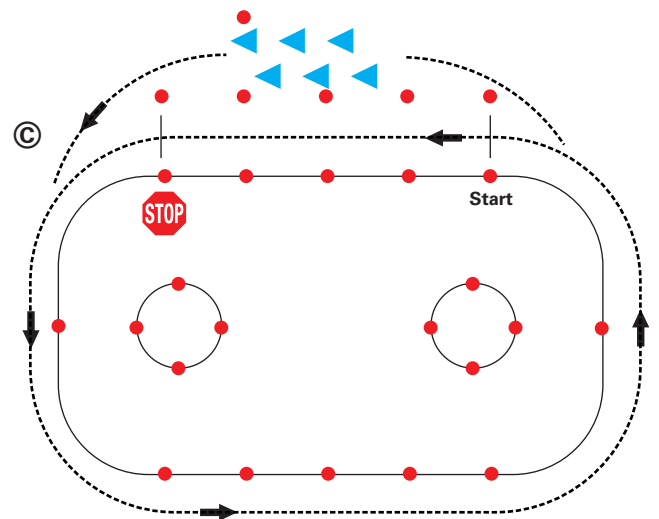
4. Demonstrate exercise while riders observe from coach position

5. Conduct exercise

6. Ask summary debrief questions

- When should you use the clutch?
- Will the bike stop the same on all surfaces? E.g. gravel vs bitumen
- What happens when you used the front brake?
- What happens when you use the rear brake?
- How should we use the brakes on the motorcycle?

Coach notes:



Add cones for start and stopping lanes

Lesson notes:

- **This exercise can be run using 2 lanes to help the lesson flow in the case of a stalled bike**
- **This exercise can be run as seated or standing, or both depending on riders discipline and ability**
- **An assistant coach can be used to control a second braking lane, this could be done in the bus stop lane**
- **Suggested drink break**

Lesson 10 – Rider management – nutrition, hydration and fatigue

Suggested Time 15min

1. Read objective

Your objective for this lesson is to show an understanding of the effects of nutrition, hydration and fatigue in safely managing your riding.

2. Discuss

Nutrition

Basic food groups

Energy food

Recovery food

Hydration

What and when should you drink – pre and post ride?

Energy drinks: Good or Bad?

Fatigue

What does fatigue feel like?

What are the signs?

Effect of weather (cold, hot, wet)

Effect of sleep

Effect of clothing

Fatigue management

How do you know if you are fatigued?

Nutrition/hydration

Sleep/rest

3. Summary questions

- What should you eat before a ride?
- What is the best thing to drink before a ride?
- When should you start preparing to be hydrated for your ride?
- What are the signs of fatigue?

Coach notes:

Lesson notes:

- ***This lesson is designed to give the riders a break from riding. The information you give will depend on the age and level of understanding of the riders***
- ***This lesson is a good opportunity to let the riders have a drink and snack***
- ***This is a good lesson to get the riders parents/guardians involved.***

Lesson 11 – Cone Weave/lower body steering

Suggested Time 15min

1. Read objective

Your objective for this lesson is to manoeuvre the motorcycle using lower body control, weighting the foot pegs and maintaining forward vision.

2. Read evaluation points

- Head up
- Eyes up
- Central seating position
- Correct weighting of pegs
- Smooth change of direction
- Smooth throttle control

3. Explain purpose of central riding position, standing and seated, as you give a static demonstration

4. Review signals: knees in, speed up, stand up

5. Read directions

When directed
Protective gear on and fastened correctly

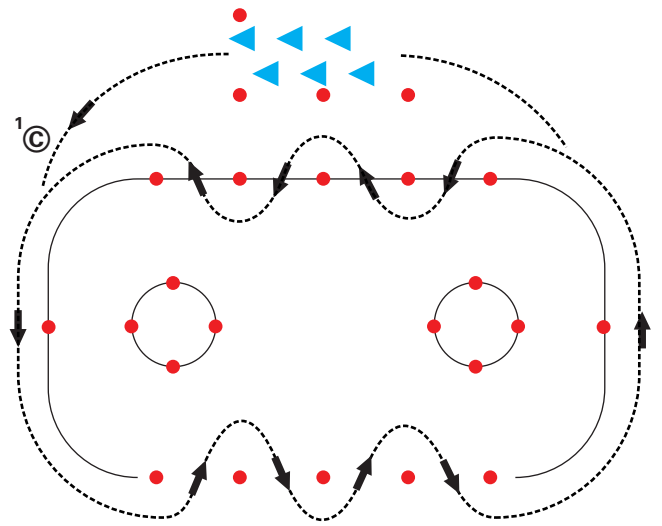
On my signal
Ride the perimeter weaving between cones
Select an appropriate gear
Practice steering through use of lower body
Look ahead through the cones
On my signal, return to the bus stop

6. Demonstrate exercise while riders observe from coach area

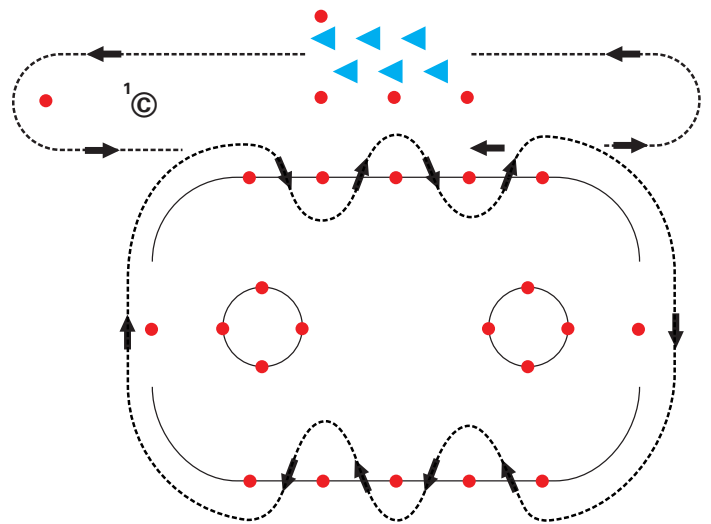
7. Conduct exercise in both directions

8. Ask summary debrief questions

- Did weighting of the pegs help you turn?
- Where did you look?
- Where is the best place to look?
- What were your arms doing?
- Why does having your arms up help with this exercise?



Optional reverse direction



Coach notes:

Lesson notes:

- This lesson can be run in both directions using the optional reverse direction course map.
- This lesson can be run as a seated or standing lesson or both
- If using lesson for both seated and standing return riders to bus stop and repeat the lesson as a new lesson

Lesson 12 – Turning

Suggested Time 15min

1. Read objective

Your objective for this lesson is to change the direction of the motorcycle using a combination of throttle control and weight distribution while maintaining forward vision. (Seated or standing)

2. Read evaluation points

- Central body position (recap body position)
- Leg placement
- Arm placement
- Eye-line
- Slow prior to turning

3. Explain turning technique as you give a static demonstration

4. Review signals: knees in, speed up, stand up

5. Read directions

When directed

Protective clothing on

On my signal, ride the perimeter

When directed move toward the tighter turn on the inner oval

On my signal move back out to perimeter

When directed, ride back to the bus stop

On my signal, ride the perimeter in the reverse direction

When directed move to the inner oval in reverse direction

On my signal move back out to perimeter

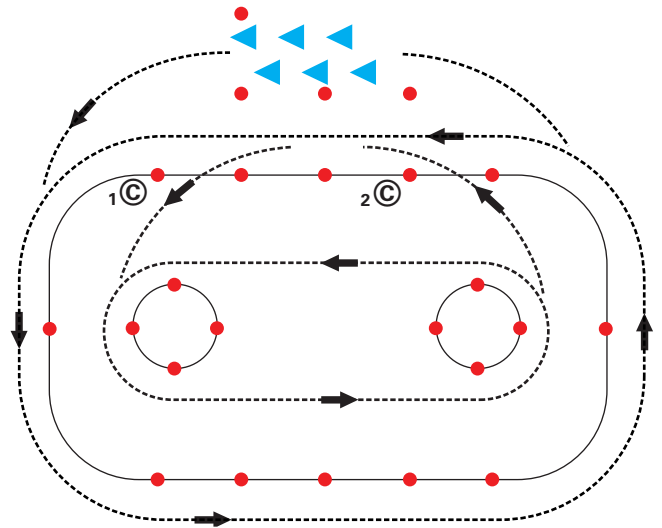
6. Demonstrate exercise while riders observe from coach area

7. Conduct exercise

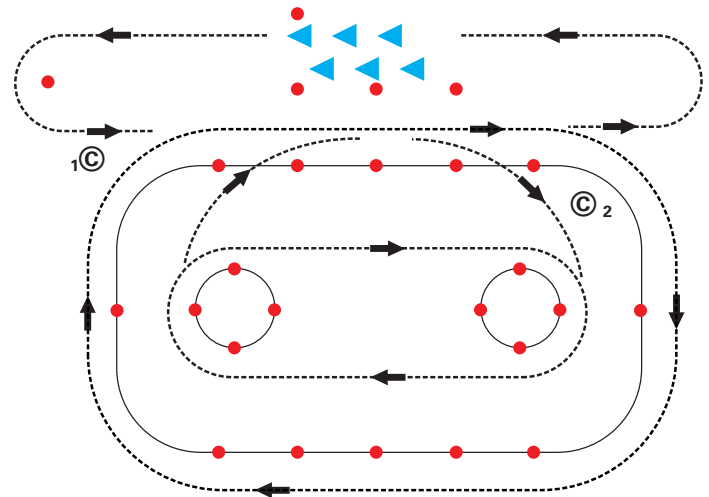
8. Ask summary debrief questions

- Where should you be looking when cornering?
- What should you do with your inside leg and why?
- How does throttle control affect traction?

Lesson part A



Lesson part B



Coach notes:

Lesson notes:

- This exercise can be done seated or standing as one lesson or two
- Coach to decide the number of riders suitable for the inner oval depending on rider level.

Lesson 13 – Figure 8s

Suggested Time 15min

1. Read objective

Your objective for this lesson is to change the direction of the motorcycle using a combination of body position and speed while maintaining balance and riding safely around the figure 8.

2. Read evaluation points

- Correct riding position to suit tighter turn (Seated or standing)
- Weight transfer for direction change
- Looking through the turn
- Smooth throttle and brake control

3. Explain turning technique

4. Read directions

When directed

Protective clothing

On my signal, ride the perimeter

When directed, move into and complete the figure of eight

On my signal move back out to perimeter

On my signal return to the bus stop

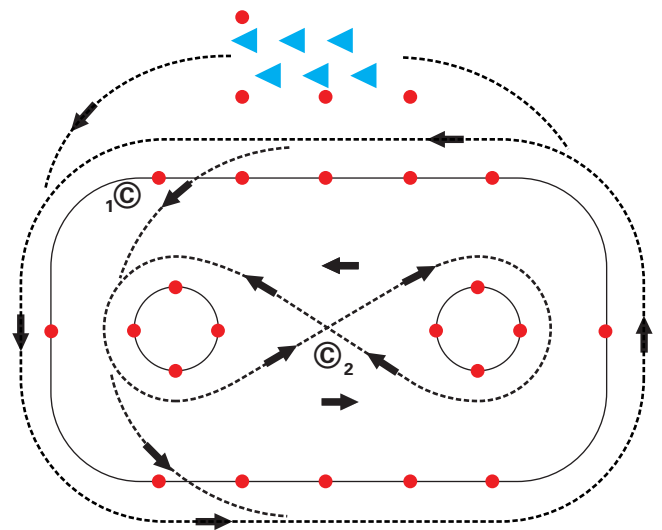
5. Demonstrate exercise while riders observe from coach area

6. Conduct exercise

7. Ask summary debrief questions

- When do you apply the brake?
- How does braking affect traction?
- How does braking affect control during this exercise?
- How far ahead should you be looking?

Coach notes:



Lesson notes:

- **In Kickstart lessons only one rider can enter the figure 8, for other coaching up 4 riders can enter the figure 8**
- **If more than 1 rider is in the figure 8 the coach must have complete control of the coaching area**
- **multiple courses may be used for this exercise if there are other coaches to control the riders**
- **This exercise can be done seated or standing as one lesson or two**
- **For non Kickstart lessons the number of riders should be controlled by the coach discipline and the surface conditions**

Lesson 14 – Counterbalancing

Suggested Time 15min

1. Read objective

Your objective for this lesson is to manoeuvre the motorcycle using counterbalancing.

2. Read evaluation points

- Proper standing rider posture
- Look ahead of approaching marker
- Lean motorcycle in the direction of turn
- Weight outside of footpeg
- Upper body positioned to outside of turn
- Use clutch/throttle to maintain directional control

3. Explain turning technique

4. Read directions

When directed,

Protective clothing on

On my signal,

Ride the perimeter manoeuvring around the cones in an appropriate gear

Look through the turns as you turn the handlebars

Weight outside footpeg and keep you elbows up

Lean the motorcycle in the direction of the turn while keeping your upper body upright

On my signal return to the bus stop

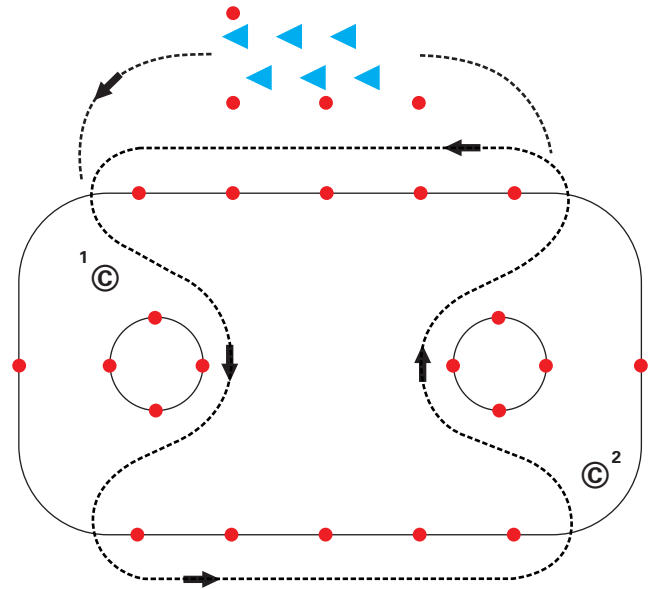
5. Demonstrate exercise while riders observe from coach area

6. Conduct exercise

7. Ask summary debrief questions

- Where should you concentrate your weight when counterbalancing?
- How is the throttle and clutch used?

Coach notes:



Lesson notes:

- ***This lesson can be done standing or seated as one lesson or two.***
- ***Emphasize looking through the turn and not at the immediate turning point.***
- ***Ensure riders maintain a suitable speed to insure good technique.***
- **Suggested drink break**

Lesson 15 – Bike set up and maintenance

Suggested Time 15min

1. Read objective

Your objective for this lesson is to achieve a basic understanding of bike preparation and maintenance.

2. Read evaluation points

- Tyre tread and pressures
- Chain condition and adjustment - Owners Manuel
- Suspension action - Smooth and working
- Throttle - free to spin and return
- Lever and handlebar position
- Air filter - Need to be cleaned
- Fuel - Danger
- Wheels and spokes
- Check bike for loose components

3. Get the riders with the assistance of a coach or their parent/guardian to perform a safety check of their bike

4. Summary questions

- What maintenance do you need to do on your bike before you ride?
- What maintenance do you need to do on your bike after you ride?
- What maintenance do you need to do on your bike during the days riding?
- What is the difference between scrutineering safety points and the general maintenance of the bike?

Coach notes:

Lesson notes:

- **Direct the question to the appropriate age of the rider**
- **This lesson is ideal to have the parents/guardians involved**
- **Important to do the machine safety check prior to the next lesson**

Lesson 16 – Motorcycle circuit ride e

Suggested Time 20 - 30min

1. Read objective

Your objective for this lesson is to demonstrate the ability to safely and successfully negotiate the circuit using the relevant skills covered in previous lessons.

2. Read evaluation points

- Maintaining control
- Maintain directional control while riding circuit
- Safely enter and exit circuit (if applicable)
- Ride within personal limits
- Safely negotiate all obstacles of the circuit ride
- Show respect to other riders
- Ride within the machines limits
- Show good use of all skills learnt in previous lessons

3. Read directions

Meet at the Starting area as directed
Ensure all essential protective clothing on and fastened correctly

When directed,

mount and start motorcycle

On my signal...

Follow the lead rider, leaving enough space to safely negotiate all obstacles

No overtaking until directed by lead rider

Obey all directions of the lead rider

4. Summary questions

- Where do you enter the track?
- What do you do when a red flag is waved?
- Where do you go to leave the track?

Coach notes:

Pre-start notes:

- **Ensure all bikes are checked for fuel**
- **Ensure the circuit is suitable for the skill level of the entire rider group**
- **Ensure the lead rider is capable of controlling the group ride**
- **If not possible for the coach to ride at the rear of the group, ensure the last rider knows what to do if they come across a fallen or stalled rider.**
- **Give clear instructions as to how the ride will run:**
 - ✓ **Where to start/enter the circuit**
 - ✓ **Who is leading and not to overtake unless directed to do so by the lead rider**
 - ✓ **How long the ride will take/continue**
 - ✓ **Warnings about areas of caution**
 - ✓ **What to do if you come across a fallen or stalled rider**
 - ✓ **Recap flags if applicable**

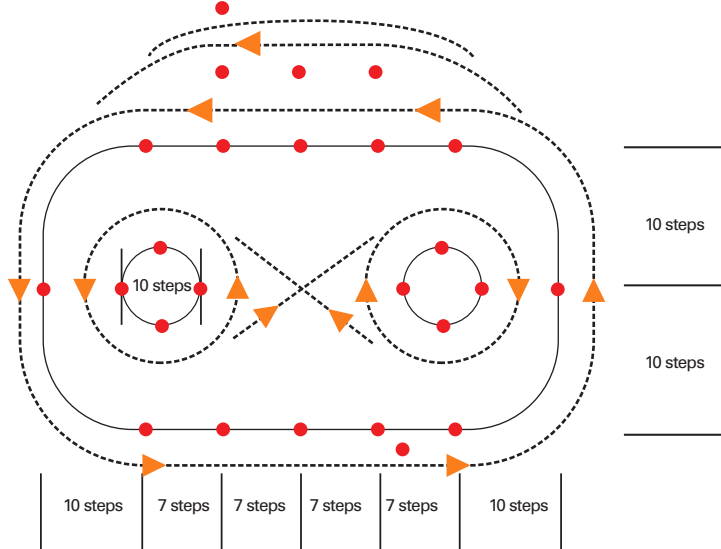
Lesson notes:

- **Demo rider or coach to lead riders on track ride**
- **Start out with no overtaking, once you can (if applicable)**
- **Further coaching can be delivered during circuit ride.**
- **Circuit needs to be applicable to the riders chosen discipline**

Before the course is finished you need to help the riders through the questions in the Kickstart booklet



Bus Stop/Staging Area



Kick Start Lesson Plan

<u>Lesson</u>	Time	Lesson Description
I.	-	Pre-Course
II.	20 min	Introduction
1.	15 min	Motorcycle Safety & Control Check
2.	15 min	Motorcycle Rider safety gear
3.	15 min	Picking up Motorcycle
4.	15 min	Starting your Motorcycle
Break		
5.	10 min	Instructor Signals, rules and Warm up
6.	15 min	Starting and Stopping
7.	15 min	Changing Gears
8.	15 min	Riding Posture
9.	15 min	Braking
Break		
10.	15 min	Rider Fatigue Management – Nutrition and Hydration
11.	15 min	Cone weave/Lower body steering
12.	15 min	Turning
13.	20 min	Figure 8's
14.	15 min	Counterbalancing
Break		
15.	15 min	Motorcycle set up and Maintenance
16.	15-30	Motorcycle Circuit ride

Motorcycling Australia

www.ma.org.au

147 Montague Street, South Melbourne, Victoria

PO Box 134, South Melbourne, Victoria, 3205

Tel: (03) 9684 0512 Fax: (03) 9696 9731