Expanding Your Knowledge:
Coaching Tips for 8:1 Compact Ranges

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The presentation focuses on potential coaching issues identified during the 8:1 ResLab field research. With the basis of the MSF principles, S.A.M. and S.E.E., the areas of classroom and range are reviewed. Topics include: participant/coach bonding, skills progression, coaching position, visual range supervision, staging area and line management. The recommended range cards, derived from the field research were discussed.
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Members of the ResLab team for 8:1 Compact Range Cards

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A guided discussion of tips and recommendations to maintain the principles of safety and learning on 8:1 compact ranges.
ResLab - 8:1 Range Cards

• 2 sets of cards exist as best practices
  – What are the differences?
  – Which is preferred, by exercise?
  – Is special RiderCoach training needed?
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RiderCoach Keys to Success

• Vigilant
• Directive
• Innovative
• Energetic
Learning Principles related to 8:1

• **SAM**
  - Safety Principles
  - Adult Learning Principles
  - Motor Skills Development Principles

• **SEE**
  - Safe
  - Effective
  - Efficient
Learning Principles related to 8:1

- Classroom
- Participant/Coach bonding
- Skills Progression
  - Tighter Maneuvers
  - Condensed Traffic Management
  - More Repetitions
Range Management

- **Visual Range Supervision**
  - Coach position
    - Maximize field of vision
  - Orientation
    - Know potential areas of conflict
  - Movement
    - Coaching by correction
    - Simulated Practice
Range Management

- Staging Area
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Staging Area

- Layout
- Early exercises vs. later exercises
- Consistent use & value
- Students stay on motorcycles
Range Management

• Line Management
**Line Management**

- Early intervention for inappropriate behaviors
- Coaching from the back of the line
- Coached vs. “supervised practice”
- Pacing the exercise
Range Management

• Transitions
  – Calling vs. sending
  – A “good” lead rider
  – Staging
  – Breaks
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Range Management

• **Facilitating Cone Placement**
  – Tools to carry/pick up cones
  – Assistance - enlist students?
  – Color coded range markings
  – Plan ahead
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Range Exercise Discussion

• Riding Demonstrations
  – Preview Path of Travel & Key Evaluations
  – Students can use cards while observing
  – Narration methods
  – Ensure understanding
Range Exercise Discussion

- Managing Split Exercises
  - Coaching position
  - Staging area
  - Repetitions
Training / Experience Pre-Requisites
Discussion

• Number of BRC Classes?
• Years of Coaching?
• Special Training?
• Program Manager approval?
• Mentoring Process?
• RiderCoach Motivation?
“Teaching was the hardest work I had ever done, and it remains the hardest work I have done to date.”

Ann Richards
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Thank You!

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