

## COURSE RULES & GUIDELINES

1) Bring your workbook with you every day for the classroom sessions. Don't leave it in the building. There is another class in here after us. Use it as a Reference Guide when the course is over. You will probably remember only 10% of what is taught in this course. This is an accelerated learning course. There is a lot of information presented in a short amount of time. Take good notes for future reference.



2) You must wear a **helmet** (your own helmet or one the school provides) when sitting on a motorcycle for the practice riding exercises. The helmet must be securely strapped when sitting on a motorcycle for the practice riding exercises. If you bring your own helmet, it must be *genuinely* DOT approved.



3) Your eyes **must be protected** when sitting on a motorcycle for the practice riding exercises to prevent something from getting in your eye while you're riding. You can wear regular glasses, sun glasses, safety glasses, or a face shield on your helmet. If you're wearing a full-face helmet, the face shield must be at least  $\frac{1}{2}$  way down so your eyes are covered. You can keep the face shield all the way up if you wear some type of glasses just mentioned.



You must wear a **long sleeve garment** to cover your arms & torso when sitting on a motorcycle for the practice riding exercises. Any long sleeve jacket, any long sleeve sweat shirt, any long sleeve shirt is fine. The sleeves need to be down when sitting on a motorcycle for the practice riding exercises. *The thicker the material, the more protection you have.*



You must wear **durable long pants** when sitting on a motorcycle for the practice riding exercises. You can wear jeans, BDU's, leather pants, leather chaps, or something equivalent. No sweat pants, no light material pants & no holes in the jeans.



You must wear **full-fingered gloves** when sitting on a motorcycle for the practice riding exercises. Leather gloves provide the best protection.



You must wear **sturdy leather shoes that cover your ankle**. Boots, work boots, hiking boots, high-top leather athletic shoes are fine. Make sure the laces are tied. Avoid boots with a heel. Heels may make it harder to shift gears. Go with a flat sole.



If you do not have the proper gear just covered, you will not be allowed to ride the practice riding exercises, and you will forfeit the entire course fee paid. You can wear comfortable clothes during the classroom sessions.



9) If rain is in the forecast, bring some type of **rain gear**. A rain jacket & rain pants. To keep your hands dry, wear Playtex gloves *over* your riding gloves, or wear latex gloves *under* your riding gloves. To keep your feet dry, wear small plastic bags over your socks. Wear a face shield to keep your face dry.

10) Leave your **cell phone** in your car, or on the table at the riding range, or in the storage container at the riding range during the practice riding exercises. If you fall on it, it can cause serious injury. Check your messages, talk on the phone, text, check your emails during the breaks. You may also not want to wear any **fancy or expensive jewelry**. It may get damaged if you fall.

11) Bring a lot of **snacks/food** to eat & a lot of **beverages** to drink during the breaks we take on the riding range. You need to keep your energy up, prevent low blood sugar & dehydration. Avoid products with sugar. Eat foods like whole grain bagels, power bars, protein shakes, fruit, nuts. Water is the best beverage to drink during the breaks. You can even bring a cooler of food & beverages. Make it a tailgate party.

12) Notify one of the instructors if you have a **health condition** that can affect your riding. The instructors just want to be aware of it so they can keep an eye on you. Let the instructors know during one of the breaks if you have high blood pressure, a bee sting allergy, asthma, diabetes, a heart condition, etc.

13) You must **be on time** for everything - to the riding range, to the classroom, after the breaks. If you're more than 15 minutes late, you will be removed from the class and forfeit the entire course fee paid. We're on a strict time schedule. The school runs 2 classes a weekend. Both classes have to keep in sync with each other.

14) If you should get injured during a practice riding exercise, or if the instructors feel you may injure yourself, or the other students in the class, or if you do not meet the objective of a practice riding exercise within the allotted time frame for that exercise, or after remediation, **the instructors will remove you from the class** to seek treatment for the injury, or take a private remedial lesson on another day if you want to continue. Safety is the school's priority. You can retake the course again after you feel better or after taking a private remedial lesson. There is an additional fee for the private remedial lesson and there may be an additional cost to retake the course.

Print Name \_\_\_\_\_

Sign Name  \_\_\_\_\_

Date \_\_\_\_\_