Statement of Purpose:

To provide the trainees with the knowledge, skills and proficiency to safely operate a police motorcycle during the performance of their traffic duties.

I. Introduction

A. Welcome
   i. Instructors for the 1 Day POST Recertification Motorcycle Course
      1. Deputy Wade Borges, Sonoma County Sheriff
      2. Deputy Steve Merical, Sonoma County Sheriff
      3. Deputy Aaron Hunt, Sonoma County Sheriff

B. Housekeeping

II. Introduction (P.O.S.T. 1.0)

A. Uniform

   i. BDU, class “D” Uniform or equivalent

B. Gloves

   i. Leather
   ii. Appropriate for the weather
   iii. Must not interfere with motorcycle controls

C. Footwear

   i. Leather boots which cover ankles

D. Eyewear

   i. Safety glass
   ii. Scratch free
   iii. No obstruction to peripheral vision

iv. Appropriate to lighting conditions

E. Helmet

i. D.O.T. approved
ii. Good condition
iii. Properly fitted
iv. Properly strapped

III. Maintenance / Components / Pre-ride checklist (POST 4.0)

A. Controls

i. Cables/ Hoses
    1. Brakes, clutch & Throttle

B. Chain / Belt

i. Lubricated/adjusted properly

C. Safety equipment

i. All required lighting
    1. Headlights
    2. Tail & Brake lights
    3. Turn signals
    4. Auxiliary lights
    5. Horn
    6. Mirrors
    7. Brakes

D. Fluids

i. Oil
ii. Antifreeze
iii. Fuel

E. Tires

i. Matching:

1. Correct matching of front and rear tires is critical to obtaining optimum performance and handling
2. Use the tires recommended by the motorcycle manufacturer to reduce/negate the possibility of high-speed wobble
3. Ensure directional tires are mounted properly.
4. By combining a new tire with a worn tire you may cause handling instability

ii. Air Pressure: Tires
   1. Check air pressure while tires are cold

iii. Use pressures recommended by the motorcycle manufacturer and never exceed the maximum pressure stamped on the tire sidewall
   1. Front & rear tires will not necessarily have the same pressure
   2. Air pressure too low can build up excessive heat which may result in:
      a. Adversely affect cornering
      b. Reduction of the tire's life
      c. Result in premature sidewall fatigue cracks
   3. Too high an air pressure could result in a blowout, which might not occur when impacting an object operating within pressure guidelines
   4.

iv. Tread depth:
   1. Tires with a tread depth of 1/32nd inch or less must be discarded and replaced immediately
   2.

v. Tire failure:
   1. React quickly
      a. Maintain a firm grip on the handlebars. Relax your arms and body, and maintain balance
      b. Steer as straight as possible
      c. Use only the brake on the tire that is not affected by the flat to slow motorcycle until slowly exiting the roadway
      d. A front flat will cause the steering to feel "heavy" and sluggish
      e. A rear flat will make the motorcycle feel like the rear tire is swinging from side-to-side

vi. Shocks.
   1. Seals intact
   2. No leaks
   3. Air Pressure

IV. Sonoma County Sheriff Department Police
   i. Pursuit Police
   ii. Motorcycle specific Pursuit Policy

V. Cone Pattern Practice

Basic Riding Techniques (P.O.S.T. 2.1.0, 2.1.1, 2.1.2, 2.1.3., 2.1.5., 2.1.6, 2.1.7., 2.1.8. and 2.1.9.)

A. All practical exercises will be practiced on paved roadways. Many of the exercises will also be conducted in selected dirt areas, and other difficult terrain so as to acclimate the operator to proper surface appraisal and varying riding techniques

B. All exercises shall be demonstrated by the instructor(s) prior to the student's demonstration of the exercise

C. All exercises will require the operator to read each pattern and demonstrate proper wheel placement in order to attain an error free negotiation. While occasional errors are expected, the advanced operator is expected to demonstrate and increasing proficiency in each exercise

D. All patterns are designed to reinforce the operator's ability to safely accelerate, turn, stop and shift (up & down) in extreme situations via proper applications

E. The following standardized patterns will be utilized:

   i. Offset cone weave / 90 degree turns
      1. The student will learn & maintain proper eye position
         a. By looking ahead at the high horizon
      2. Ensures that the student "hinges" properly at waist during each weave transition
      3. Identifies the student with eye positioning and improper hinge concerns
      4. Teaches proper front wheel placement for turning movements

5. Identifies student ability to operate the motorcycle in the "Grey Area" for maximum control of motorcycle

ii. Flat box exercise:
   1. Provides training for circles, U-turns and figure eights
      a. The student will learn & maintain proper eye position
      b. Identifies the student with eye positioning concerns and ensures immediate corrective action
   2. Teaches proper front wheel placement for turning movements

iii. 90 degree pull-outs
   1. The student will learn to make immediate right & left turns with forward movement limited to a fixed distance
      a. To be accomplished with free-space on either side of the student and with motorcycle on both sides of the student
   2. The student will learn the proper transition of power to vehicle movement via the proper use of clutch, throttle, accelerator and rear brake
   3. The exercise will incorporate incline and decline riding
   4. The student will learn & maintain proper eye position
   5. Identifies student's tendency to favor either right turns over left turns, or *vice versa*
      a. Allows instructor to take immediate remedial action
      b. Teaches student to make quick, smooth turn transitions

iv. Off road exercises:
   1. Exercises to be determined by instructor based on the prevailing available terrain
   2. Will acclimate the student to the severe handling characteristics of the motorcycle often associated with off-road riding
   3. The student will learn to assess varying riding surfaces and situations

v. Incline / Decline exercises:
   1. The student will learn the proper transition of power to vehicle movement via the proper use of clutch, throttle, accelerator and rear brake while riding on paved inclined & declined roadways
      a. The exercises will incorporate circles, U-turns & figure eights
   2. The student will learn & maintain proper eye position
   3. Teaches slow speed balance

vi. Keyhole
   1. Prepare student for the Flat Pattern #3 Exercise
      a. Turn is greater than 180 degrees

2. Identifies student's tendency to favor either right turns over left turns, or *vice versa*
    a. Allows instructor to take immediate remedial action
    b. The student will learn & maintain proper eye position

vii. Flat pattern #3 exercise:
1. The student will learn & maintain proper eye position
2. Identifies student's tendency to favor either right turns over left turns, or *vice versa*
    a. Allows instructor to take immediate remedial action
3. Teaches student to make quick, smooth turn transitions
4. Teaches proper front wheel placement for turning movements

viii. 30mph Cone Weave exercise:
1. The student will learn & maintain proper eye position
    a. Keeping eyes on high horizon
2. Teaches student to make quick, smooth turn transitions at higher rate of speed (30 mph)

ix. 180-degree deceleration exercise:
1. The student will learn proper braking and downshifting techniques from varying speeds
    a. Proper application of front & rear brake without lock-up
    b. Hazards associated with lock-up of front brake
    c. Hazards associated with releasing locked rear brake during rear end slide
2. The student will learn & maintain proper eye position, coupled with maintaining a high horizon
3. The student will learn proper wheel placement so as to effect maximum tight turns

x. 4-way Intersection Weave:
1. The student will learn & maintain proper eye position
2. Identifies student's tendency to favor either right turns over left turns, or *vice versa*
    a. Allows instructor to take immediate remedial action
3. Teaches student to make quick, smooth turn transitions
4. Teaches proper front wheel placement so as to effect maximum tight turn movements

xi. 40 mph deceleration exercise:
1. The student will learn to make emergency turns or stops to avoid hazards in the roadway
2. The student will learn proper braking and downshifting techniques from varying speeds
    a. Proper application of front & rear brake without lock-up
    b. Hazards associated with lock-up of front brake

c. Hazards associated with releasing locked rear brake during rear end slide

VI. Recertification Testing (70% to pass) (POST 5.0)
- A. Offset cone weave / 90 degree turns
- B. Flat Box Exercise
- C. 90 degree Pull Outs
- D. Flat Pattern #3 exercise
- E. Keyhole
- F. 180 degree deceleration exercise

VII. Fill out Testing Sheet

VIII. Road Ride (POST 3.0)
- A. Riding the public roadways
- B. Lane positions
    - i. Be seen
        1. Use headlights
        2. Don't ride in blind spots
            a. Mirrors on large trucks, etc.
        3. Don't depend on eye contact with other drivers
            a. If a car wants to enter your part of the lane, it probably will
        4. Whenever possible, use lane position that will afford the best view of approaching traffic
        5. Be aware of the oily strip in the middle of the lane
            a. Not usually a concern unless wet
        6. Consider lane position at toll booths due to grease accumulation
        7. Avoid surface hazards
            a. After stopping behind traffic, and before starting again, consider anti-freeze spills, etc.
                i. Start slow until front vehicle provides sufficient surface view for objects
        8. Communicate your intentions
            a. Especially lane changes
        9. There is no best lane position (dictate by conditions)
        10. Always provide an escape route!

IX. Debrief