

## Advanced Rider Course

For those who want a challenge!



CSN is very proud to introduce the Advanced Rider Course. For the first time in Southern Nevada this course is being provided outside of Nellis Airforce base!

Looking to improve your skills and maybe a bit of a challenge? The ARC is for you! Yes speeds are faster but it isn't speed we are looking for, its control. Control of your bike, your mind, your emotions, and yourself. What is important to you? How well do you really know yourself? Do your behaviors and attitude align with your values? When you ride how smooth can you be? Are you riding with control all the time? This course helps think about those questions while you experience things on your bike you may not notice when traffic and road issues have your attention. Coaches guide you to try different techniques and steering inputs that normal riding does not always require but when the ride does you will be glad you practiced!

This is a one day class that combines range exercises with discussions and activities done in a classroom or on the range depending on the weather.

Common to all CSN's classes is the idea of finding out what is important to the students. Is it the fun, the adrenaline rush or safety? We look for ways to show those are not mutually exclusive. We also try and find out where they are coming from looking for the end of this sentence – I want to ride because...

## Advanced RiderCourse

The ARC is an action-oriented class geared to introduce concepts in time and space management. The overarching goal is to provide technical information, dynamic performance feedback and peer group interaction to achieve an increase in perceptual capabilities to reduce risk while riding.

The classroom portion focuses on decision making, goals and personal limits. Group discussions and activities will be used to address personal risk management, options for cornering, braking, swerving, and to improve visual perception.

Riding is fast paced and fun for all motorcycle types. Riders will be challenged in a variety of exercises. Using your own motorcycle and helmet, you'll put into practice the techniques of managing traction, stop and evade, cornering and swerving.

Since the course focuses on improving rider skills, it is important to take into consideration your personal comfort with your own motorcycle as you will be riding it for the course.

You need to be comfortable with basic control and operation of your bike before taking the course. You should also be confident riding in a variety of traffic situations including cornering, stopping quickly, and general maneuvering. You are not required to have mastered these skills prior to the course.

Additional practice to prepare for the ARC is to have taken the Basic RiderCourse and or the Basic RiderCourse 2.

Watch this video for a preview of the course.....

<http://vimeo.com/59012967>

## Advanced RiderCourse FAQs

Q: Who can take the Advanced RiderCourse?

A: Any experienced rider who has a class "M" license can enroll. For purposes of this course, an experienced rider is one who has basic skills and is a current rider with a valid class "M" license.

Q: What kind of motorcycles can be used?

A: You must use your own motorcycle that will be subject to a pre-class inspection. Any type of motorcycle can be used in the class whether it is a touring, sport bike, or cruiser style motorcycle.

Q: What can I expect on the day of the class?

A: The course consists of 3 hours of classroom and 5 hours riding practice on your own motorcycle.

Classroom work is to provide rider development in the areas of risk management, decision making, riding strategies, and rider behavior & choices.

The riding portion of the course involves techniques used for more performance-oriented riding as to enhance the skills for riders of any type of motorcycle. Techniques that extend beyond basic riding techniques are addressed. Riding techniques learned include overall control, cornering, and emergency maneuvers.

Q: How is the course different from the Experienced RiderCourse (Basic RiderCourse 2)?

A: The Advanced RiderCourse encompasses practicing higher level skills and more advanced level topics than the Experienced RiderCourse. The Advanced RiderCourse has a classroom session whereas the Experienced RiderCourse is conducted only on the practice range. There is no licensing option with the Advanced RiderCourse.

Q: Where are Advanced RiderCourses offered?

A: Currently they are offered by Western Nevada College in Carson City and the College of Southern Nevada in Las Vegas. Please check back to our website as further training sites will be added.

Q: What are the requirements to participate in an Advanced RiderCourse?

A: You must use your own motorcycle and have enough gas for the entire class. (Note: if you are using someone else's motorcycle you will need to have written permission from the registered owner.) Current registration, proof of insurance and a pre-class motorcycle inspection is required. Rider Coaches will make the final determination as to the appropriateness of a motorcycle and of the mechanical soundness of the motorcycle.

Required riding gear includes:  $\frac{3}{4}$  face DOT helmet or greater, long pants and sleeves, over the ankle sturdy shoes or boots, full fingered gloves, and eye protection (face shield, goggles or sunglasses).

Q: Will I be able to get my license when completing the Advanced RiderCourse?

A: No, the Advanced RiderCourse is not a licensing course. You must possess a valid class "M" license to participate.