

## **RIDER COMPETENCES**

On completion of the rider-training programme students should be able to demonstrate a good understanding of the following:

### **Observation Skills**

1. Use the eyes to quickly and accurately assimilate all relevant information of the limit of vision in every direction (i.e. to both recognise simple detail, e.g. an overview of the scene, and to recognise complex details, e.g. road signs).
2. Seek information to plan the ride, and to constantly (re)assess the situation for changes in circumstances. This is the ability of the rider to "TAKE, USE & GIVE information by themselves or other road users.
3. Acquire a keen sense of awareness about themselves, the motorcycle and surroundings - to build up a mental 'picture' of the situation. Good positional and spacial awareness is important to all riders.

### **Information Processing**

1. Quickly and accurately identify relevant dangers or potential hazards in the complete surrounding environment.
2. Quickly link information gained during observations to anticipate current and impending driving situations.
3. Quickly and accurately compare the location of vehicles/people etc in the environment to assist with accurate judgment of distances.
4. Remember information during observations to recall later.

### **Decision Making**

1. Quickly and accurately prioritise the level of risk associated with dangers or potential hazards in the complete surrounding environment.
2. Quickly make accurate decisions in all, including pressurised while maintaining accurate and safely executed riding manoeuvres.

## **Planning**

1. Formulate precise and systematic plans of action quickly and accurately based on information gained during observations.
2. Assess the risk associated with a proposed plan and to reassess them according to changing environmental conditions.
3. Quickly and accurately anticipate relevant dangers or potential hazards in the complete surrounding environment.
4. Ability to plan a logical sequence of actions to take you past a hazard safely and efficiently, but leaving nothing to chance.
5. Consider all phases of the system of safe motorcycle control on the approach to every hazard.
6. Maintain calm, considered, professional approach to riding at all times.
7. Apply the techniques learned during training and concentrate on performing riding actions and manoeuvres with precision and accuracy.
8. **Be aware that medical problems may cause mood changes.**

## **Manual Dexterity**

1. Make controlled and precise adjustments in moving the controls to exact positions to achieve maximum stability of your motorcycle.
2. Respond quickly and accurately to a signal / action / situation to maintain accurate and safely executed riding manoeuvres.
3. Maintain correct posture throughout the ride to avoid muscle strain and fatigue.

## **Sensory Perception**

1. Observe close environmental surroundings.
2. Observe distant environmental surroundings and details of objects in the distance.
3. Understand and explain the ability and requirements of riding in low light and darkness.
4. Perceive objects or movement located in the edges of the visual field.
5. React to objects in the presence of glare or bright ambient lighting.
6. Detect and discriminate sounds that vary over a broad range of pitch or loudness i.e. heavy machinery or emergency vehicle sirens.
7. Focus on a single source of auditory information in the presence of other distracting auditory stimuli i.e. Emergency Vehicle Sirens.
8. Identify the direction from which an auditory stimulus originated relative to you.
9. Use sense of smell for detecting hazards i.e. diesel, road surface contaminants etc.

## **Vigilance and Attention**

1. Be attentive to constantly maintain quick and accurate observations, decision making and riding plans.
2. Divide attention between two or more tasks simultaneously.
3. Shift back and forth efficiently between two or more riding tasks or sources of information maintaining a safe ride.
4. Concentrate on a task over a period of time without becoming distracted by irrelevant information maintaining a safe ride.
5. Distribute attention over a wide range of situations and deal with the riding task in a systematic and methodical way preventing dangerous 'red mist' situation.
6. Demonstrate a high degree of alertness, vigilance and intense concentration so that no potential hazards are missed and nothing is left to chance.
7. Concentrate on immediate matters rather than on the possible final outcome of the ride.