



Advanced *RiderCourse* – *SportBike* Techniques Frequently Asked Questions

1. What is the MSF Advanced *RiderCourse* – *SportBike* Techniques (ARC-ST) course?

- The ARC-ST is the public version of the Military *SportBike RiderCourse* (MSRC), and may be taken by riders using any type of motorcycle. It is a one-day course consisting of approximately 3½ hours of classroom activities and 4½ hours of riding. There are eight riding exercises. There is no formal skill test, but there is a knowledge test that may be self-scored (or it may be given as a formal, end-of-course assessment). Special RiderCoach certification is required to conduct the ARC-ST.
- The procedures for riding a sport bike do not vary greatly from the procedures for riding other types of motorcycles. But the techniques some riders use are different (two-finger braking, balls of feet on footrests, use of leg pressure for control, etc.), and these depend somewhat on the specific motorcycle as well as the specific talent and skill level of a rider. Most sport bike riders appreciate the outstanding performance and handling characteristics provided by the design and technology that is incorporated into sport bikes. This is why the course uses the title it does; that is, the techniques used for more performance-oriented riding can be used to enhance the skills and techniques for riders of any type of motorcycle. Techniques that extend beyond basic riding procedures are addressed in the ARC-ST. Sport bike riding techniques are not intended to encourage or endorse riding at higher speeds, but are provided to improve the performance capabilities of riders, particularly related to overall control, cornering and emergency maneuvers.

2. What is the overall aim of the ARC-ST?

- The overall aim is to provide rider development in the areas of risk management, decision-making, riding strategies, and rider behavior and choices. This includes learner activities to foster gains in knowledge, skill, attitude, values and habits.

3. How many riders can be trained in one ARC-ST?

- The maximum is 12 riders. The rider/RiderCoach ratio is 12:2, with a requirement that two RiderCoaches conduct the range exercises no matter the class size. One RiderCoach may conduct the classroom portion.

4. How similar is the ARC-ST to the Military *SportBike RiderCourse* (MSRC)?

- The courses are nearly identical. The MSRC is administered and operated by specific military branches and/or their contractors. Specific questions about the MSRC should be addressed to a specific military branch.
- Although the classroom activities and range exercises are nearly identical for the courses, the ARC-ST removes references related to the military, and sport bike-only emphasis has been removed. The MSRC requires a sport bike to be used by each student, and a RiderCoach must own and/or frequently ride a sport bike. There is a take-away for the MSRC (a booklet titled *Sport Bike Survival Guide*), which is not provided in the ARC-ST, and a DVD that features video intro/outro segments for the MSRC is not included with the ARC-ST.
- The quality assurance processes for the two courses are different, thus leading to a different path to RiderCoach certification.

5. If a RiderCoach is certified in either the ARC-ST or the MSRC, are they automatically certified in the other?

- No. Although the courses are similar, their conduct is specific to their context. The MSRC is designed specifically for military sport bike riders, and may only be conducted by RiderCoaches who have completed requirements specific to the course and administrative process.
- RiderCoaches who earn certification in the ARC-ST may choose to become a candidate for the MSRC by completing its application process. RiderCoaches who earn certification in the MSRC may choose to become a candidate for the ARC-ST by completing its application process. The materials for each course are purchased separately. Contact MSF for details (Eileen Cornish at ecornish@msf-usa.org or 949.727.3227, ext. 3003).
- MSRC RiderCoaches interested in offering ARC-ST to military personnel must have approval from their branch safety office.

6. Is coaching the same for both the MSRC and ARC-ST?

- For the MSRC, the target rider is the sport bike rider; for the ARC-ST, the target rider is any rider. For the MSRC, classroom activities and discussions focus on the characteristics of sport bikes and the riders who choose to ride them. For the ARC-ST, a rider of any type of motorcycle may enroll, so coaching classroom discussions may be different, and the coaching during a range exercise needs to be tailored to each rider for their specific motorcycle.

7. What are the range exercises for the ARC-ST?

- There are a total of eight riding exercises. The titles are:
 1. Basic Control
 2. Quick Stops
 3. Stopping Demonstration
 4. Curve Adjustments
 5. Cornering and Swerving
 6. Multiple Curves
 7. Decreasing Radius Curves
 8. Gap Analysis and Safety Margins

8. Are training aids used?

- No motion training aids are used. The classroom consists of interactive lessons using a PowerPoint program and several forms and handouts

9. Does ARC-ST use the same principles as the BRC?

- Yes. Just like other curricula in the MSF Rider Education and Training System, the ARC-ST honors the principles of SAM: **S**afety and risk management, **A**dult/Accelerated learning, and **M**otor skills development. RiderCoaches who understand these principles and apply them in other MSF training programs should have no difficulty incorporating learner-centered coaching activities in course.
- The materials provided to an MSF RiderCoach who is certified are supplemental to the content in the *RiderCoach Guide*. Only the material that is distinctive to ARC-ST is provided, and it is an insert tab for the BRC *RiderCoach Guide*, or similar 3-ring binder.

10. How extensive was the pilot and field-testing for ARC-ST?

- The field-testing was completed per the Military *SportBike RiderCourse*, as the course is nearly identical, and processes were in alignment with producing and distributing bona fide research-based, field-tested curricula. There was extensive subject matter expert and peer review, staff oversight and scrutiny, previous experience from other MSF Rider Education and Training System courses, and program evaluation data were gathered from RiderCoaches as well as from program participants.

11. Where will the ARC-ST be offered?

- Courses may be offered at existing Rider Education Recognition Program (RERP) locations that have approved ARC-ST ranges. Any RERP site with a standard full-size range and good surface is eligible.

12. What will the RERP site need to conduct a Certification Course?

- Have a RERP-recognized range that is ARC-ST approved.
- Have typical classroom facilities – includes an LCD projector or extra-large screen monitor.
- Have a local point of contact to coordinate facility and training motorcycle use.
- Have a minimum of eight RiderCoach Candidates. MSF may be able to assist in filling slots. The maximum number is 12.
- Have the ARC-ST range markings on the range before the Certification Course begins.

13. Can an ARC-ST range be painted on an adjusted range?

- No. Only a full-size, standard range (120' x 220' plus adequate paved runoff) will be permitted.

14. How will the ARC-ST be insured?

- For details, contact Laurie Longville at llongville@msf-usa.org, or call her at 949.727.3227, ext. 3002.

15. What is the process for ARC-ST range approval?

- For details, contact MSF RERP at rerp@msf-usa.org or call 949.727.3227, ext. 3079.

16. Who conducts the ARC-ST Certification Courses?

- MSF-certified RiderCoach Trainers who have been pre-approved by the MSF may conduct an ARC-ST Certification Course. Up to 12 RiderCoaches may participate in a Certification Course. Certification Courses do not require student teaching, but it is suggested.

17. How does a RiderCoach Trainer become approved to conduct the ARC-ST Certification Course (CC)?

- First, complete a RiderCoach/RiderCoach Trainer Application Form and send to MSF Training Systems. MSF will arrange for the process to become approved. RCT approval consists of a 4-day event, with the last three days conducting an

ARC-ST CC under the supervision of MSF Staff or designee. There is no fee for RCTs and the ARC-ST CC materials are provided at no cost. The first day of the event involves familiarity with the course and practice in conducting the lessons. Up to six RiderCoach Trainers may participate in the 4-day event. There are extensive pre-course responsibilities coordinated by MSF Staff or designee.

18. How does a RiderCoach become certified to conduct the ARC-ST, and how is recertification handled?

- Successfully complete an ARC-ST Certification Course (CC), which is a 3-day event conducted by an MSF-approved RiderCoach Trainer. The first step is to complete an ARC-ST RiderCoach/RiderCoach Trainer Application Form (which can be found on RETSORG) under RC/RCT materials. Because CC pre-course responsibilities are extensive, applications should be received at least four weeks prior to enrollment into an ARC-ST CC.
- The Certification Course consists of:
 - Preliminary assignment.
 - Peer teaching.
 - ARC-ST certification is valid as long as regular RiderCoach certification is maintained and ARC-ST recertification requirements are met.
- ARC-ST certification is a separate 2-year cycle from BRC certification. To be eligible for ARC-ST recertification, a RiderCoach must maintain BRC certification and have conducted at least two ARC-ST's in the 2-year period of ARC-ST certification.
- Any RiderCoach who wishes to become certified should contact their state program administrator. If necessary to contact MSF, call or email Eileen Cornish at 949.727.3227, ext. 3003 or ecornish@msf-usa.org.

19. What are the costs associated with becoming an ARC-ST RiderCoach?

- RiderCoach materials include 1) the RiderCoach Guide (an insert package to be placed in a 3-ring binder), 2) a CD that contains the PowerPoint slides and the Forms and Handouts, 3) the range cards, and 4) the book *Sport Bike Riding Techniques* by Nick Lenatsch, which is needed for one of the pre-course assignments. The cost for the RiderCoach materials is \$100. The cost for attending a 3-day CC sponsored by MSF is \$300, which includes the materials.

20. Is there tuition for RiderCoach to attend the ARC-ST CC?

- Yes, but this is dependent on the sponsoring entity. The tuition for an MSF-sponsored CC is \$300 and includes the course materials, which consist of:
 1. The RCG Insert.
 2. A set of range cards.
 3. A CD with the PowerPoint slides and pdf's of the Forms and Handouts.
 4. The pre-course assignment materials, including the Nick Ienastch *Sport Riding Techniques* book.

21. Is there a minimum age for participants?

- Yes. To enroll, participants must be of legal age to operate a motorcycle on public streets and must be motorcycle endorsed or have a motorcycle license.

22. Does a rider need to have a personal motorcycle to participate?

- No. It is acceptable for a site to offer appropriate training motorcycles. A personal motorcycle may be used, whether owned or borrowed (with written permission) if it is in good operating condition (as determined by the RiderCoach).

23. How much does ARC-ST cost?

- Course fees will be determined by the state and at the local site conducting the training.

24. What do successful graduates who complete ARC-ST receive?

- A completion card. Although there are no formal take-away materials, riders may keep the handouts that are provided during the course.

24. Are passengers allowed in ARC-ST?

- No.