

**FOLSOM POLICE DEPARTMENT
MOTORCYCLE TRAINING PROGRAM
INSTRUCTOR WORKSHEET**

DAY 1
PAGE 1 OF 2

STUDENT:
Department:

DATE:

EVENTS	GRADE	COMMENTS
BASIC BRAKING		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/throttle control Both feet down – Wrong foot down – Braking in turn – Head & eyes down - No head check - Cover clutch - ___ Finger braking – Shifts in seat – Knees out
CIRCLES & FIGURE 8'S		Head/Eyes down – Foot down – Motorcycle down – Clutch/throttle control – Coasts thru turns – Maintain friction point – Knees out – Scrapes boards - Turns too wide – Shoulder down – Shifts in seat –
OFFSET 90 DEGREE TURNS (FLAT)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards - ___ Finger braking – Braking in turns –
INTERSECTION		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards - ___ Finger braking – Braking in turns –
SHORT CONE WEAVE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle- ___ Finger braking – Skipped gate – Rode out – Too wide – Too slow – Too fast
KEYHOLE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turn- Late head turn – Rode out of pattern – Scrapes boards – Pumping throttle - Pumping clutch – Too fast – Too slow – Braking in turn

Rating Key: (1) Unsatisfactory (2) Weak (3) Improvement needed (4) Qualified (5) Above average

Comments; _____

Student _____ Student Instructor _____ **EVOC Instructor** _____

Day 1 Cont'd

STUDENT: _____

EVENTS	GRADE	COMMENTS
30 MPH CONE WEAVE	ENTRY → EXIT →	Hit cones – Cones down – Rode out – Too slow – Too fast – Head/Eyes down Scrapes boards/Pegs – Cover the clutch – Improper set-up – Late counter steering Too Wide on entry - SPEED HELD DOWN BY INSTRUCTION _____ _____
40 MPH DECEL	Speeds: →	Hit cone – Cone down – Foot down – Motor down – Clutch/Throttle control – Eyes down – Shoulder down – Knee out – Late head turn – Rode out of pattern Rolls off throttle – Pre-Brake – Coasts thru turn – Shifts in seat – Scrapes board Too slow – Too fast – Cover clutch – Fails to down shift – Braking in turn – Locks front brake – Locks rear brake – Holds throttle open – SPEED HELD DOWN BY INSTRUCTION _____ _____
STOP/START Left/Right Turns (FLAT)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns- Late head turns – Too wide – Scrapes boards – <u> </u> Finger braking – Brakes in turn – Stalls Motorcycle – Wrong foot down – No Head Check
U-Turns (FLAT)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle – Late head turns – Brakes in turns – Coasts in turn
INCLINE FIGURE 8'S (Large)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle – Late head turns – Rode out of pattern – Brakes in turns – Scrapes boards - Coasts thru turns -

Rating Key: (1) Unsatisfactory (2) Weak (3) Improvement needed (4) Qualified (5) Above Average

Comments: _____

Student _____ Student Instructor _____ **EVOC Instructor** _____

**FOLSOM POLICE DEPARTMENT
MOTOR TRAINING PROGRAM
INSTRUCTOR WORKSHEET**

Day 2

STUDENT:
Department:

DATE:

EVENTS	GRADE	COMMENTS
CIRCLES & FIGURE 8's		Foot down – Head/Eyes down – Motorcycle down – Clutch out – Clutch/Throttle - Coasts thru turns – Maintain friction point – Knees out – Scrapes boards Turns too wide – Shoulder down – Shifts in seat
OFFSET 90's (Flat)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards <u> </u> Finger braking – Braking in turns –
INTERSECTION		Hit cones - Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards <u> </u> Finger braking – Braking in turns –
SHORT CONE WEAVE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle <u> </u> Finger braking – Rode out of pattern – Too wide – Too slow – Skipped gate
KEYHOLE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turn Late head turns – Rode out of pattern – Scrapes board/peg – Brakes in turn – Too fast – Too slow -
PATTERN ONE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turn – Late head turns – Rode out of pattern – Scrapes board/peg – Brakes in turns Too slow – Too fast - Stalls Motorcycle
PATTERN TWO		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turn – Late head turns – Rode out of pattern – Scrapes boards – Brakes in turn Too slow – Too fast – Stalls motorcycle

Rating Key: (1) Unsatisfactory (2) Weak (3) Improvement Needed (4) Qualified (5) Above Average

Comments: _____

Student _____

Student Instructor _____

EVOC Instructor _____

Day 2 cont'd

STUDENT: _____

EVENTS	GRADE	COMMENTS
30 MPH CONE WEAWE	Speeds: Entry → Exit →	Hit cones – Cones down – Rode out – Too slow – Too fast – Head/Eyes down Scrapes boards/Pegs – Cover the clutch – Improper set-up – Late counter steering <b style="color: blue;">SPEED HELD DOWN BY INSTRUCTION _____ _____
40 MPH DECEL	Speed: →	Hit cone – Cone down – Foot down – Motor down – Clutch/Throttle control – Eyes down – Shoulder down – Knee out – Late head turn – Rode out of pattern Rolls off throttle – Pre-Brake – Coasts thru turn – Shifts in seat – Scrapes board Too slow – Too fast – Cover clutch – Fails to down shift – Braking in turn Locks front brake – Locks rear brake – Holds throttle open – <b style="color: blue;">SPEED HELD DOWN BY INSTRUCTION _____
OFFSET 90'S (Incline)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards ___ Finger braking - Wrong foot down – Hit guardrail - No Head Check
Stop/Start L/R Turns (Incline)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle Late head turns – Rode out of pattern – Brakes in turns – Rolls backward – ___ Finger braking - Wrong foot down – Hit guardrail - No Head Check
Stop/Start U-TURNS (Incline)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle - Late head turns – Rode out of pattern – Brakes in turn – Rolls backward - ___ Finger braking - Wrong foot down – Hit guardrail - No Head Check
INCLINE FIGURE 8's (Short)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle – Late head turns – Rode out of pattern – Brakes in turns – Scrapes board/peg - Coasts thru turns

Rating key: (1) Unsatisfactory (2) Weak (3) Improvement needed (4) Qualified (5) Above average

Comments: _____

Student _____ Student Instructor _____ **EVOC Instructor** _____

**FOLSOM POLICE DEPARTMENT
MOTORCYCLE TRAINING PROGRAM
INSTRUCTOR WORKSHEET**

DAY 3
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STUDENT: _____

Date: _____

EVENTS	GRADE	COMMENTS
CIRCLES & FIGURE 8's		Foot down – Head/Eyes down – Motorcycle down – Clutch out – Clutch/Throttle Coasts thru turns – Maintain friction point – Knees out – Scrapes boards – Turns too wide – Shoulder down – Shifts in seat –
OFFSET 90's (Flat)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control - Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too wide – Brakes in turn– Scrapes boards – <u> </u> Finger braking – Wrong foot down – No Head Check
INCLINE FIGURE 8's (SMALL)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls Motorcycle – Late head turns – Rode out of pattern – Brakes in turn – Scrapes boards - Coasts thru turns –
INTERSECTION		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards – <u> </u> Finger braking – Braking in turns
SHORT CONE WEAVE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Knees out – Shifts in seat – Rode out of pattern – Stalls motorcycle –Skips Gate –
KEYHOLE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turn - Late head turns – Rode out of pattern – Braking in turn – Too fast – Too slow

Rating Key: (1) Unsatisfactory (2) Weak (3) Improvement needed (4) Qualified (5) Above average

Comments: _____

Student _____ Student Instructor _____ **EVOC Instructor** _____

INSTRUCTOR WORKSHEET

Day 3 Cont'd

Page 2 of 3

Student: _____

EVENTS	GRADE	COMMENTS
PATTERN ONE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Stalls motorcycle – Brakes in turns - Scrapes Boards/pegs – Rolls Backwards – Stalls motor - ___ Finger braking
PATTERN TWO		Hit cones – Cones down – Foot down – Motorcycle down - Clutch/Throttle control Head/Eyes down – Brakes in turns – Knees out – Shifts in seat – Late head turns Rode out of pattern – Coasting in turn/s
PATTERN THREE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns Late head turns – Rode out of pattern – Too fast - Too slow – Brakes in turns - Scrapes boards/pegs
180 Decel	SPEED →	Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Scrapes boards/peg – Brakes in turn - Pumping throttle – Pumping clutch – Too fast – Too slow – -----
OFFSET 90 DEGREE TURNS (INCLINE)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes board/peg ___ Finger braking - Wrong foot down – Hit guardrail - No Head Check
STOPPING & TURNING (Incline)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle Late head turns – Rode out of pattern – Brakes in turns – Rolls backward – ___ Finger braking - Wrong foot down – Hit guardrail - No Head Check
U-TURNS (Incline)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle - Late head turns – Rode out of pattern – Brakes in turn – Rolls backward - ___ Finger braking - Wrong foot down – Hit guardrail - No Head Check

Rating Key: (1) Unsatisfactory (2) Weak (3) Improvement Needed (4) Qualified (5) Above Average

Comments: _____

Student _____

Student Instructor _____

EVOC Instructor _____

INSTRUCTOR WORKSHEET

Day 3 Cont'd

Page 3 of 3

STUDENT:

EVENT	GRADE	COMMENTS
30 MPH CONE WEAWE	<p>SPEEDS</p> <p>ENTRY →</p> <p>EXIT →</p>	<p>Hit cones – Cones down – Rode out – Too slow – Too fast – Head/Eyes down Scrapes boards/Pegs – Cover the clutch – Improper set-up – Late counter steering Too Wide on entry - SPEED HELD DOWN BY INSTRUCTION</p> <p>_____</p> <p>_____</p>
40 MPH DECEL	<p>Speeds:</p> <p>→</p>	<p>Hit cone – Cone down – Foot down – Motor down – Clutch/Throttle control – Eyes down – Shoulder down – Knee out – Late head turn – Rode out of pattern Rolls off throttle – Pre-Brake – Coasts thru turn – Shifts in seat – Scrapes board Too slow – Too fast – Cover clutch – Fails to down shift – Braking in turn – Locks front brake – Locks rear brake – Holds throttle open – SPEED HELD DOWN BY INSTRUCTION</p> <p>_____</p>
*PAVEMENT RIDE		<p>Hit object – Too fast – Too slow – Failed to keep up – Too rigid – Clutch/Throttle- No head turns – Poor acceleration – Improper gear selection - Lacks control – Foot down – Motorcycle down -</p>
*APEXING		<p>Unable to maintain entrance speed – Too rigid in turn – Improper lean angle - Does not LOOK thru turns – Brakes in turn – Hits cones – Cones down -</p>

Rating key: (1) Unsatisfactory (2) Weak (3) Improvement needed (4) Qualified (5) Above average

*Denotes optional exercise/Time permitting.

Comments: _____

Student signature _____ Instructor _____ **EVOC Instructor** _____

**FOLSOM POLICE DEPARTMENT
MOTOR TRAINING PROGRAM
INSTRUCTOR WORKSHEET**

DAY 4
PAGE 1 OF 2

STUDENT:
DEPARTMENT:

Date:

EVENTS	GRADE	COMMENTS
CIRCLES & FIGURE 8's		Foot down – Head/Eyes down – Motorcycle down – Clutch out – Clutch/Throttle - Coasts thru turns – Maintain friction point – Knees out – Scrapes boards - Turns too wide – Shoulder down – Shifts in seat –
OFFSET 90's (Flat)		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards - <u> </u> Finger braking – Braking in turns –
INTERSECTION		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards - <u> </u> Finger braking – Braking in turns
SHORT CONE WEAVE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Knees out – Shifts in seat – Rode out of pattern – Stalls motorcycle - Skipped gate
KEYHOLE		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Brakes in turn – Too fast – Too slow –
*APEXING		Unable to maintain entrance speed – Too rigid in turn – Improper lean angle - Does not LOOK thru turns – Brakes in turn – Hits cones – Cones down -
INCLINE FIGURE 8'S (Small)		Hit cones – Cones down – Foot down – Motor down – Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Brakes in turn Late head turns – Rode out of pattern – Scrapes boards/pegs – Coasts thru turns
*DIRT RIDE		Motorcycle down – Foot down - Too rigid – Lacks confidence – Clutch/Throttle - Does not LOOK thru turns – Brakes in turn – Lacks throttle control – Hit object

Rating Key: (1) Unsatisfactory (2) Weak (3) Improvement needed (4) Qualified (5) Above average

Comments: _____

*Optional exercise – Time permitting

Student: _____ **Instructor** _____ **EVOC Instructor** _____

Day 4 Cont'd

Student: _____

EVENTS	GRADE	COMMENTS
OFFSET 90's (Incline)		Hit cones – Cones down – Foot down – Motor down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out –Shifts in seat –Coasts thru turn Late head turns – Rode out of pattern – Too wide – Too slow – Scrapes boards - ___ Finger braking – Braking in turn – Pumping throttle – Pumping clutch –
STOPPING & TURNING (Incline)		Hit cones –Cones down –Foot down –Motorcycle down –Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle Wrong foot down – Brakes in turn – Rolls backward - No head check – Rode out ___ Finger braking - Wrong foot down – Hit guardrail -
U-TURNS (Incline)		Hit cones –Cones down –Foot down –Motorcycle down –Clutch/Throttle control Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Stalls motorcycle Wrong foot down – Brakes in turn – Rolls backward – No Head check – Rode out ___ Finger braking - Wrong foot down – Hit guardrail
180 Decel	SPEED →	Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Scrapes boards/peg – Brakes in turn - Pumping throttle – Pumping clutch – Too fast – Too slow – SPEED HELD DOWN _____
40 DECEL	Speeds: →	Hit cone – Cone down – Foot down – Motor down – Clutch/Throttle control – Eyes down – Shoulder down – Knee out – Late head turn – Rode out of pattern Rolls off throttle – Pre-Brake – Coasts thru turn – Shifts in seat – Scrapes board Too slow – Too fast – Cover clutch – Fails to down shift – Braking in turn – Locks front brake – Locks rear brake – Holds throttle open – _____
30 MPH Cone weave	Speeds: Entry → Exit →	Hit cones – Cones down – Skips gate/s – Too slow – Too fast – Head/Eyes down - Scrapes board/pegs – Cover the clutch – Improper set up - Not counter steering Rode out of pattern – SPEED HELD DOWN BY INSTRUCTION _____ _____
PATTERN 3		Hit cones – Cones down – Foot down – Motorcycle down – Clutch/Throttle control- Head/Eyes down – Shoulder down – Knees out – Shifts in seat – Coasts thru turns – Late head turns – Rode out of pattern – Too fast – Too slow – Brakes in turns - Pumping throttle – Pumps clutch – Scrapes boards – Finger braking
*PAIRS U-TURNS		Motor down- Foot down- Late head turns – Collides with partner– Rode off pavement

Comments: _____

Student signature _____ Instructor _____ **EVOC Instructor** _____