



Title:	<b>Learning to race 1.0</b> Motorcycle preparation and maintenance
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Objectives:	Instruct student on the practical aspects of preparing and maintaining their racing motorcycle. Introduction to the Manual of Motorsport (rules) for their racing class.
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Goals:	At the end of this period of instruction the student will understand the importance of checking their motorcycle against the technical rules, preparing the motorcycle prior to a racing event and the basics of motorcycle maintenance. If the student does not have their own motorcycle, the goal will be to allow the student to question the team about the motorcycle preparation and to understand the responses.
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Subject:	<ol style="list-style-type: none"> <li>1. MNZ MoMS – learning about the technical rules</li> <li>2. MoMS technical appendices (MiniGP)</li> <li>3. Checking the motorcycle against the rules</li> <li>4. What needs to be prepared?</li> <li>5. Maintenance items that are easily checked</li> <li>6. Maintenance items that are more difficult (need assistance).</li> <li>7. Preparation of racing safety equipment.</li> </ol>
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Procedures	Classroom instruction, one-on-one discussion, group discussion.
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Technique	Exposure to the rules via the MoMS, one on one discussion and practical demonstrations, examples of good and poor preparation, cleaning and storing racing gear.
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Most Common Mistakes	Poor level of concentration for rules, lack of engagement, inability/lack of enthusiasm to understand technical details, inability to undertake technical work.
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Summary	<p>This part of the instruction is designed to start the student on their own path towards understanding the importance of the rules and the rulebook for technical and safety reasons. It is vital that the motorcycle and their safety racing gear meet the rules and are adequately prepared prior to any given racing or training event.</p> <p>This part of the training should be undertaken before the student is released to go onto the racetrack, to ensure their motorcycle is safe and prepared to go out on the track. All preparation of the motorcycle should be done at home or in the workshop, before leaving for the track or training area. The student will start to learn the</p>
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importance of taking ownership for cleaning, caring for, storing and assembling their own racing safety equipment (leathers, helmet etc).

The student will understand the need for pre-event preparation of the motorcycle and will begin to understand the importance of and how to perform basic maintenance on the motorcycle. Some of these aspects are simple visual and touch (brake pads, chain, brake fluid level, tyre pressures), others require a degree of technical ability and skill which will be age, enthusiasm and skill dependent (oil change, tyre change).

This level of the instruction will therefore be very much age and skill level dependent and will require a degree of intuition by the parent/trainer as to the level at which this is pitched for the specific student. By definition, some of the maintenance aspects will require the use of, and instruction in the use of, hand tools.

There are basic health and safety aspects associated with this aspect of the training that may require a parent/trainer to seek more skilled/knowledgeable assistance.

There are two very different schools of thought in regard to riders and bike maintenance and preparation.

The first suggests that riders should not be involved with bike preparation, maintenance and tuning, because their role is to ride the bike, not work on it. This school does not allow the rider to learn direct lessons about the bike, but to perhaps learn vicariously. But allows the rider more mental space to focus on the job at hand, of riding and racing the motorcycle.

The second school suggests that riders should be intimately involved in all aspects of bike building, maintenance and tuning. Perhaps less so at the actual race events, but even then, with a deep level of involvement during race events. This school provides riders with a deeper understanding of the motorcycle and an ownership in their preparation and maintenance. But it does force a mental and physical burden onto the rider that may detract from the riders racing performance.

Ultimately, the choice of pathway you choose will depend on your own skill levels and the desires and abilities of your rider.



**Assessment Sheet**  
**Learning to race 1.0**  
**Motorcycle preparation and maintenance**

Item	Pass/Fail	Comment
Introduction to the student, of the Motorcycling NZ Manual of Motorcycle Sport (MoMS) or Rulebook (show student the relevant sections on road racing and the relevant sections on motorcycle technical preparation and class specific appendices)		
Check over your racebike and check it against the rulebook to see if it complies with the rules (check items such as lockwire, correct numbers if fitted, etc)		
Check simple maintenance items that can be checked visually (fairings soundly fitted, screen beading, brake and clutch levers, brake fluid levels, brake pad thickness, chain quality and tension, tyre condition, tyre pressure, engine oil levels, nuts and bolt tightness, general appearance, and other items as appropriate)		
Maintenance items that require more intervention and physical work (engine oil change, changing brake pads, changing drive chain, changing tyres and other items).		
Maintenance, cleaning, storage, pre-event assembly of safety racing gear (cleaning and storage of leathers, cleaning boots, airing and drying of all gear, airing and storage of helmet, checking of quality of all gear for wear and tear)		
General overall appearance and performance.		



Overall Comments:

Guardian/Student Signature:

Trainer Signature:

Date: