



Lambs Motorcycle Training
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CBT

What we will teach you

The following information is taken directly from our own notes and should give you some idea as to what we will teach and also, what is expected of you.

Element A

Check Driving License - provisional m/c entitlement (a, g, h)

Aims of the CBT course

Introduced in 1990 to help reduce the very high accident rate among inexperienced motorcycle and moped riders.

CBT is not a test and there's no exam, it's a course of training you are required to complete satisfactorily.

Importance of wearing the correct clothing

The Motorcycle safety helmet must be worn and fastened correctly and comply to the ECE 2205.6 or the older British Standard 6658, type A (blue label) type B (green label) Visors and eye protection if worn should also comply to the same regulations.

Hands on demonstration of Full face, Open face and Flip front (illegal to ride with flip front open) advise that cleaning should be done using neutral detergents and soft cloth and also the painting and application of stickers is not advised. Hands on demonstration of appropriate clothing detailing the importance of 'If you can see skin, stay In'.

Eyesight test at 20.5 meters (67 feet)

(ensure pupils can not see plate before hand).





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Element B

Explain how the machine controls work - Throttle, brakes, lights, horn, seat, clutch, and indicators. *Q & A pupils*

Basic safety checks - **BOLTS & CHAIN**

B - Bolts, explain that the machine should comply with the handbook and adjustments made to manufacturer recommendations.

O - Oil, demonstrate the use of observation windows and dip sticks and the difference between 2 stroke and 4 stroke machines

L - Lights, check all are in working order and if replacement needed, they are of the correct voltage and wattage

T - Tyres, Must be inflated to the manufactures advised pressure (handbook) and also comply to the law on minimum tread depths

S - Steering & suspension, demonstrate the movement and free play of the handlebars, cables and head stock. Explain the suspension and adjustments that can be made

CHAIN - Discuss the types of drives used and maintenance and adjustment necessary

Taking the machine on / off the stand - demonstrate the procedure and closely monitor each pupil during their efforts (pupils to wear helmets / gloves)

Wheel the machine to the left / right - demonstrate the procedure, detailing the use of the front brake and angling of the machine

Start / Stop the engine - Correct use of the choke and ensuring the machine is not in gear. Explain the reasons for turning the engine off while putting the machine on the main or side stand.





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Element C

Ride the machine in a straight line under control - explain and demonstrate neutral to 1st gear and vice versa. Pupil to practice finding biting point, both feet on floor, moving off, clutch to biting point, gentle throttle, clutch in, throttle off: straight line only, paddle machine round turns. When satisfactory move on to using rear brake only, gentle and progressive application, with both feet on foot rests, paddle round turns.

Bring the machine to a controlled halt - Pupil to ride in straight line and bring machine to a controlled halt at predetermined point using rear brake, clutch in, throttle off.

Ride the machine slowly under control - Pupil to ride in straight line using throttle, clutch, rear brake at fast walking pace.

Ride the machine in a figure eight - Demonstrate method pointing out 'look where you want to go, not where the machine is going' emphasise the use of the clutch to the biting point and not to ride with the clutch fully engaged.

Carry out 'U' turn manoeuvre satisfactorily - Demonstrate system, mirror, right shoulder, move off in a straight line, lifesaver (observation the way you are turning), turn machine through 180 degrees and bring to a controlled halt at a safe position against the kerb.

Carry out rear observation correctly - Demonstrate the shoulder check and use off mirrors, shoulder check to be brief, checking out blind area.

Change gear satisfactorily - Explain how the gear pedal operates, needs to return to rest position before the next gear can be engaged, explain that the gear box is sequential, Talk through system and ask pupil to reiterate and check they fully understands the process.





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Carry out controlled braking using both brakes - Demonstrate the effect on the machine of the front and rear brakes explaining the action of weight transfer and momentum. Demonstrate controlled progressive braking action. Demonstrate the effect of using the front brake while turning.

Before pupils demonstrate Q & A to make sure they understand what is required.

Pupil to bring machine to a controlled stop at a predetermined point using rear brake only. When satisfactory move on to using front brake only as above, demonstrate throttle to brake action.

REITERATE THE NECESSITY FOR CONTROLLED PROGRESSIVE BRAKING.

When satisfactory explain normal braking techniques, 70 / 30 front brake / rear brake, pupil again to demonstrate controlled stop at predetermined point. Repeat until satisfactory. When satisfactory explain the wet weather adjustment 50 / 50 front brake / rear brake and the effect on stopping distance.

Carry out simulated left / right turns - Set cones and explain relevant systems i.e. OSM / PSL. Advise of normal riding position in relation to the kerb and lane markings. Walk through systems and explain procedures, before pupils demonstrate Q & A to make sure they understand what is required. Demonstrate if necessary. Repeat until satisfactory

Stop the machine as in an emergency - Explain the system, front brake / rear brake using progressive pressure highlighting the effectiveness of the front and rear brakes i.e. front brake effect (momentum and weight transfer) just at the stopping point, de-clutching and checking right / left shoulders (safety checks). Select 1st gear check shoulders (right / left) ride machine under full control to the kerb. Explain that in the event of either wheel locking under braking, the relevant braking pressure to be eased and reapplied. Repeat until satisfactory.





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Element D

Recognise the importance of reading and understanding the Highway Code - Q & A and show examples in the Highway Code

Ride defensively, anticipating the actions of other road users - Show examples using the white board, Q & A

Use rear observation at appropriate times - As per element C and other hazards on the highways i.e. pedestrian crossings, traffic lights, Speed changes `If you are changing road position, look before you do' `If you're changing road speed, accelerate / decelerate, look before you do'

Leave sufficient space when following another vehicle - Being able to see the tyres of the vehicle in front when in stationary traffic, In moving traffic `Only a fool brakes the two second Rule' Description of how to use in good / bad weather. Regarding large / long vehicles being able to see the wing mirrors whether moving or stationary.

Pay due regard to varying weather conditions when riding - Rain, Wind, Fog, Ice, Snow, Sun.

Be aware of various road surfaces that can be encountered - New / old, overbanding, gravel, inspection covers, traffic calming. shell grip, loose surfaces, pot holes, paint.

Be aware of the need to be clearly visible - Use of lights, bright clothing, correct road position.

Use of conspicuous aids - Reflective and High Visibility clothing.





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Legal Requirements for riding on the road - Driving License, Insurance, Tax, MOT, Tyres, DL 196, 'L' plates, Correct size number plate, Road legal exhaust.

Why motorcyclists are more vulnerable - Only one third the width of a car, can be invisible to other road users i.e. temporarily hidden behind trees, road furniture etc.

The need to ride at the correct speed - What is the correct speed? The speed that you can see to be safe within the maximum speed in force.

Be aware of aggressive attitudes - Arguments with family and loved ones! Your actions could provoke road rage in others!

Be aware of hazard perception - Take into account road signs, road markings and the area you are in. The time of day, day of the week, time of the year.

Be aware of the effect of drug / alcohol abuse - 80mg alcohol / 100 mltrs blood, does not bear any relationship to units, units of what? Poor comparison / guide. Drugs - prescription or over the counter, ask the Doctor or Pharmacist, read the label, if in doubt, don't ride get the bus.

Roundabouts - Diagram using white board procedures for turning left, straight on and turning right

Out on the road - Discuss with pupil's procedures regarding the use of the radio equipment, Q & A their ability, confidence and fatigue regarding the forthcoming 2 hour on road section and their ability to complete.





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Element E

Out on the road for a minimum of 2 hours where we will encounter:

- Roundabouts
- Junctions
- Pedestrian crossings
- Traffic lights
- Gradients
- Bends
- Obstructions

Pupils must also repeat the following exercises (originally practised during element C) during this element in on-road conditions.

- Carry out U-turn manoeuvre satisfactorily
- Bring the machine to a stop under full control as in an emergency.

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