

Range Exercise Case Study #5

Exercise 4 – Shifting and Stopping

- From the Exercise 4 demo observation position, the RiderCoach read the exercise objective.
 - Then coach explained range setup as follows:
 - “Notice that we have two clutch control lanes up the center where you want to focus on going as slow as you can while maintaining balance”
 - “We also have a shift/stop lane on each side of the range and a perimeter turn in the corners”
 - “In order to successfully get through the turn you need to turn your head and use an outside-inside-outside path of travel”
 - At this point a student asked about outside-inside-outside path of travel and the coach went on to describe the technique.
 - After clarifying the technique the RiderCoach then went on to provide the exercise instructions from the range cards.
 - The coach then paraphrased the instructions again as follows:
 - “So, basically what you’re doing is shifting to second gear on the long sides and then stopping beside the coach after you pass those two orange cones”
 - “Then after we give you some feedback, you will use the outside-inside-outside path of travel to get through the sharp turn”
 - “Then do a slow ride up the middle of the range”
 - The coach then asked if the riders had any questions before signaling the other RiderCoach to begin the demonstration.
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1) Identify Continuous Improvement Opportunities (CIO)?

2) Identify appropriate content to context threading.

3) What would you do to facilitate performance improvement for this RC?