

## Gold Wing Road Riders Association

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*Our thanks to the authors  
of the Road Captain Course  
Marty Cash, Jerry Lambreth, Michael Locke*

*Published for the benefit of all  
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# GOLD WING ROAD RIDERS ASSOCIATION

## Rider Education



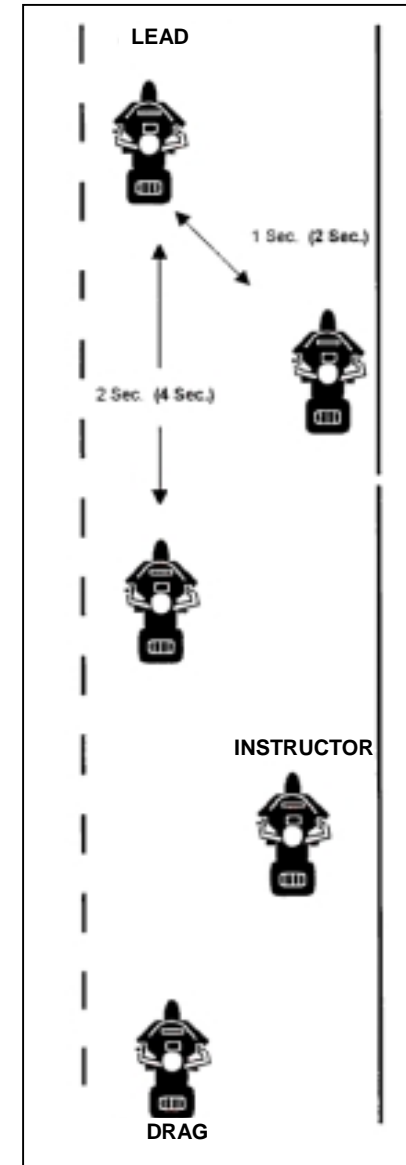
## Road Captain Instructor Guide

*This brochure is to be used when teaching the Road Captain Course Road exercises.*

### What You Will Teach During the Road Exercises.

- **Hand Signals.**  
Single File  
Staggered Formation  
Hazard
- **Group Ride Spacing.**  
Single file. Normal 2 second spacing  
Staggered formation. Normal 2 seconds from bike **directly** in front, 1 second to next bike.  
Trailer/Sidecar/Trike spacing. Normal 2 second gap.
- **Lane Changes from Staggered Formation.**  
**Normal** lane changes where group moves as a **unit**.  
**Heavy traffic** lane change. Where lane changes is by the individual from **rear-to-front**.
- **Passing.**  
Single lane simulation of a slow moving vehicle on a two-lane road.  
Staggered formation on a multiple lane road.
- **Passing** or being passed by a 18-wheeler. (*Single file with space cushion*).

**Getting ready to ride.**  
**Hint:** The correct position for the **instructor** during the ride portion of the Road Captain Course is the bike **immediately** in front of the **Drag**.



### Getting ready to ride.

**Hint:** The ideal size of a group with **one** instructor is **four** bikes, six is OK. No more.

**Hint:** If some one continuously disagrees with you or disrupts the course with their actions, don't be afraid to ask them to leave. Example. *'We don't do it this way in our chapter and I won't do that.'*

- **Remind** everyone that **they** are responsible for their **own safety and actions**. You as the instructor are there to **assist** the group in learning the Road Captain Course techniques.
- **Select** a four-lane highway for **all** Road Captain training exercises, preferably with *very little* traffic. All instruction will be done on a four-lane road. (*Ever try to find a slow moving vehicle on a two-lane road? Only when you are in a hurry and you have a double yellow line.*)
- **Choose** a **CB** channel **before** leaving the parking lot and make sure **everyone** is on the channel and can hear and be heard. Riders without a CB will be in the middle. If the rider does not have a CB, they cannot be the Lead or Drag.
- **Pick** who you think is the most experienced riders for **Lead** and **Drag** for the first segments of the training. This is a new learning experience for all and your most experienced riders will handle this better and have a tendency to demonstrate the proper techniques correctly with very little coaching.
- **Make** sure the **Lead** tells everyone what formation (single file or staggered) when they leave the parking lot.

### On the road.

**Hint:** If you have **Two Road Captain Instructors**, after the students get comfortable with the hand signals and changing lanes, the **second** instructor can act as the 18-wheeler passing the formation, the slow moving vehicle. This gives more *realism* to the exercises. The **second** instructor can ride about a 1/4 mile behind the group and observe the group's progress when not assisting in the instruction or can ride ahead to find a good stopping point.

- **Start simple.** Practice single file formation then staggered formation. Practice hazard in the left track, then right track. Make sure everyone uses hand signals and the hand signals are passed down through the group.
- **From** a staggered formation, try a lane change. **Ensure** both the **Lead** and the **Drag** use the proper *dialogue*.

- **If** some riders don't do a head check or put on their turn signals when changing lanes, don't single them out and admonish them. The next time a lane change is done, have the **Drag** say *"Lane secure. Everyone do a head check, use your turn signals. Move right, now"*.
- **There** are **two basic** staggered lane change techniques. One for **normal** traffic where everyone changes lanes as a unit and one for **heavy** traffic conditions where everyone changes lanes separately from **rear to front** *Practice each one separately.*
- **In the beginning**, don't go very far before pulling off the road and practice parking. This give you a chance to **suggest** improvements in the techniques just practiced. **We don't criticize, we suggest.**
- Change **Lead** and **Drag**.

### Back on the road.

- **Continue** the basic exercises of single file, staggered formation and hazard with the new **Lead** and **Drag**.
- **After** practicing a lane change again, practice a **simulated single lane pass**. Make sure everyone pulls back in and give the rest of the group room.
- **Stop** again, (practice parking), and change **Lead** and **Drag**. **Everyone** will become the **Lead & Drag at least once**, except those riders without CBs. Keep the stops **short** unless everyone wants a longer break.

### Back on the road again.

- **When** everyone has had a chance to be the **Lead** and **Drag** Road Captain, keep practicing until **you**, as the **instructor** feel comfortable everyone has mastered the Road Captain Course techniques.
- **If you are the only instructor**, you should safely pull out of the group and give the group a chance to use **you** as the slow moving vehicle and the 18-wheeler. You can watch the students in your mirror. Give them a chance to practice a more *realistic* environment.
- **Another** good technique. When in a parking lot, tell the group that you want to have the riders in the middle turn **off** their CBs on signal from you. The signal to turn their CBs back on will be the **Lead** tapping the flat of his hand on the top of his helmet. Have them do this on a **volunteer** basis. Practice **single file, staggered formation** and especially lane changes. This will emphasize the use of **hand and turn signals**. If done correctly, you will notice **no difference** when the group changes lanes.

- **If you** (instructor) feel the group is competent, you can change **Lead & Drag** without stopping first. Do this with **caution** and only if **you** and **the group** feels they can do this **safely**. Change **Lead**, then change **Drag**. Don't try to change **both** positions at the same time.
- **Applaud, applaud, and applaud your students!** Always tell them how good they are doing. However, don't be afraid to correct errors!
- **Do not** practice too long. Once the students have learned the techniques, end the course.

Ride Safe, Ride Smart!

Safety is for Life!



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