

# Connecticut Rider Education Program: SMARTrainer Instructor Notes

February 2010

## Pre-Ride Introduction

Some things you can mention to rider as they are seated on the trainer:

- The Safe Motorcyclist Awareness & Recognition Trainer (SMARTrainer) is an advanced, interactive instructional tool with standard motorcycle controls and realistic traffic situations. The SMARTrainer leads the rider through a computer simulated ride designed to develop and apply risk-management and crash avoidance strategies.
- The simulator will help you assess your current mental riding strategy.
- Instructors will offer suggestions on how to refine your strategy.
- It is important to remember that a good mental strategy will reduce the need for superior riding skills.
- You will ride the route and face key riding scenarios that will require you to use a good mental riding strategy such as SEE, SIPDE or SPA. You will receive a grade for how well you apply the strategy to the specific scenarios.

## Practice Ride

- The practice ride allows the rider to acclimate to the controls. While setting up the practice ride coach the rider to practice shifting, braking cornering, turning into side streets, and use of turn signals, horn and head check switch.
- Once the rider is set up and riding, step away and out of sight of the rider to allow them to focus on the trainer.

## Evaluated Ride

- While preparing the evaluated run, coach the rider that the voice they will hear will be their GPS providing directions on where to turn and what to do.
- Once the rider is set up and riding, step away and out of sight of the rider to allow them to focus on the trainer.

## Scenario Review

- When ready to begin the scenario review explain to the rider: "You will only receive a grade for specific scenarios. After we review these scenarios we will discuss ways to improve your overall riding skills. While you will not be evaluated outside the specific situations we ask that you continue to use a defensive riding strategy when ever you ride."

## Notes and Suggestions from CONREP Instructors During Pilot Testing

- If you called it a "Trainer", many people would respond, "I already know how to ride." It was much more effective to call it a "Simulator" although the problem with that is that it really is not a simulator. "I was trying to call it a Rider Awareness Trainer. This seemed to catch the attention of the participants enabling us to draw them into the booth and give them additional details about process"
- Between the "Practice" and "Scenario" sections I explained, "Now that you have become somewhat familiar with the controls and operation of the trainer the next step is to evaluate your mental riding strategy in real-world scenarios. You will now be guided through town (or whatever scenario is chosen) and tested at specific points during the ride. Since you don't know when you are actually being evaluated it's important to use your defensive riding strategy at all times."

**NOTE: Each Instructor will need to receive additional training during an actual event to become CONREP certified to use and run a SMARTrainer event alone. Until that time they will only be an assistant.**