

CONREP Reference Points for BRC Range 3/1/06

CONREP Range Requirements

Review BRC IG page 23, Note required breaks approximately every hour
Add 30 minutes of remedial, practice and or warm up riding
Add Remedial Cornering activity to Skills Practice (Ex 17).
Students should ride 20 – 25 miles during a complete BRC

Principles of Good Range Management

Safe learning environment
Control of many students
Efficient evaluation and coaching
Reduces stress and maximum control

Range Communication Methods and Signals

Movements:

Clear and Consistent

Common signals

Start, Stop, Neutral, Shut Off, Slow, Speed Up, Stage, Others

Common Instructor Positions for Each Exercise

Getting students started
Controlling the exercise
Evaluate and Coach the exercise
Ending the Exercise

Evaluation and Coaching

Observation Sequence

Head - Shoulders – Hands – Knees - Feet

Evaluation Sequence

Prioritize
Exercise Evaluation points.
Praise Points
Other Components

Coaching Methods

Coach as needed
Simulation
Command
Correction
DO NOT OVERCOACH
Let the student ride

Reinforce Continually

Thumbs up, Nodding Head, Clapping, SMILE, Redemption If Needed, More Riding Time

CONREP Terminology Reference for BRC Range

"Simulated Practice" After the demonstration, while in the staging area with the engine off, the students practice a specific activity as a group, instructors evaluate, coach and repeat as needed. Each simulated practice is designed to target a specific focused muscle memory. It is not intended to teach a riding skill.

"Repeated Splits" provide each group of six riders, with time to ride a maneuver, stage, receive coaching, and return for a second attempt of riding the same maneuver.

"Observe and Coach if Needed" requires the Instructor to take time to Observe the student's riding technique, then Coach only if needed. This results in the students riding without constant coaching. This technique is used in most BRC exercises.