



Stay Upright ACT M.A.S.T.E.R.S. Course

Mature Age Skills Training for Experienced Riders

The MASTERS Course is a defensive road skills course initiated by the Motorcycle Riders Association of the ACT, developed and conducted by Stay Upright Motorcycle Techniques and partially subsidised by the NRMA-ACT Road Safety Trust.

It is tailored to the needs of long-term licensed riders from the ACT and surrounding region only who have not had any formal rider training in the last 15 years and who are returning to motorcycling after a lengthy break.

The full day course is held at the ACTs Fairbairn Park Hillclimb Circuit and is preceded by a 3 hour Roadcraft Seminar. The seminar focuses on roadcraft knowledge and development of a safe riding plan for the road. Participants are encouraged to discuss their own experiences on the road. The seminar is held at the Sutton Road Driver Training complex at 6 pm the evening before the course.

At no time is there any testing or need to perform during the practical part of the course. Riders do all exercises at their own pace.

The practical day comprises a series of exercises covering safe, defensive riding techniques. Each exercise is preceded by an explanation and demonstration of a relevant technique and how it fits into an overall framework of safe riding. The delivery format is to explain, demonstrate then evaluate.

We pride ourselves in being able to analyse WHAT riders are doing and we are able to help you to become more aware of yours and your bikes limitations.

Pillions are welcome to attend. Please advise when booking if a pillion is attending.

Morning session includes demonstration and practice of:

- manoeuvring and normal stops
- quick stops
- counter steering
- obstacle avoidance

Afternoon session:

- Is spent on cornering and is a very enjoyable learning process, with explanations, demonstrations in HOW and WHY you should do things, always at a speed with which you are comfortable. You will both watch and participate in riding exercises and receive personalised coaching and feedback.