

MSF recommendation for Mounting the motorcycle

Mounting is a basic skill. We address it in this specific manner in the Basic RiderCourse. It is done this way not because it is the only correct way to mount a motorcycle but because this is a good basic procedure that is successful with novices.

With protective gear on, have riders mount

- Mount from left side
- Squeeze front brake lever when mounting
- Upright motorcycle, square handlebars, raise stand, and assume good posture
- Point out good posture
 - Back straight & eyes up
 - Knees and elbows in
 - Arms relaxed and bent
 - Fingers around throttle with flat wrist
 - Clutch lever covered

Dismounting is to put the side stand down fully and dismount. As a coaching practice, we remind them to use the front brake while dismounting. After dismounted turn their wheel toward the side stand for stability.