

# TAKE CONTROL

get the skills your  
bike deserves

**inside:**

Training courses for motorcycle and scooter riders who ride in Herefordshire, Shropshire, Warwickshire or Worcestershire Free half day course or full day for £30 Professional and qualified instructors Maximum 2 riders per instructor Time and location to suit you Post test course can qualify riders for insurance discounts

Subsidised by Warwickshire County Council and Safer Roads Partnership in West Mercia.



# GET READY

Whatever type of motorcycling you're in to Take Control will help you get the most from your rides. Our professional trainers (experienced and enthusiastic riders themselves) will help you modify your technique to achieve smoother, safer and trouble free riding.

Don't think of Take Control as just a training course. At only £30 for a full day, or a free half day course for scooter and 125 riders, it's actually the perfect excuse for a ride out on the bike. From the feedback we've been getting riders tell us the course is great fun, the perfect way to brush up on riding skills and a good workout for rider and machine.

**We'll be able to book you a course at a time to suit you and we'll even arrange a convenient meeting point, normally a favourite café.**

**All of our instructors are keen, experienced bikers who enjoy any opportunity to get out on the road so, why not take control and join them for a ride.**



# GET SET

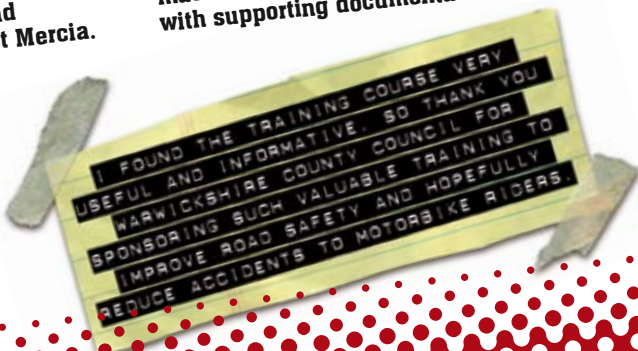
train and gain with Take Control

A practical introduction to Defensive Riding Techniques that combines theory with on-road training to make riding smooth, safe and trouble free.

**Courses suitable for all types of motorcycle and scooter riders.**

- Courses suitable for all types of riders no matter what type of bike you ride or how long you've been riding.
- Training is tailored to individual rider's needs, experience and confidence.
- Open to anyone who rides in Herefordshire, Shropshire, Telford & Wrekin, Warwickshire, Worcestershire.
- Maximum two students per instructor.
- Training is provided by qualified and experienced instructors from 90-ONE Rider Education on behalf of Warwickshire County Council and Safer Roads Partnership in West Mercia.

- Full radio communication with instructor throughout training.
- Meet at a convenient location.
- Qualify for insurance discounts through the DSA Enhanced Rider Scheme.
- Training is undertaken on your own machine. It must be legal and roadworthy with supporting documentation provided.



to book a course call 0845 370 9191 or email [info@90-ONE.com](mailto:info@90-ONE.com)

# GET OUT!

Our photographer joined 90-ONE instructor Paul as he put rider Tony through his paces on a typical training day.

**9am**

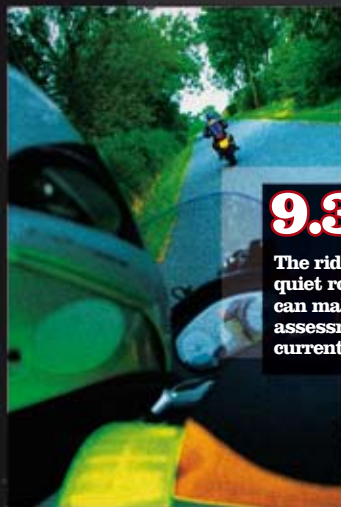
Tony and Paul hook up at a convenient café. A chat over a coffee allows Paul to match the day's training to Tony's riding needs.

Kit & equipment is checked, a 2-way comms system fitted and a safety briefing delivered then ... it's time to roll out.



**11.30 am**

Time to try something different. Paul and Tony ride through some urban areas, a completely different challenge for a rider.



**9.30 am**

The riders start off on quiet roads so that Paul can make an initial assessment of Tony's current riding skills.



**11 am**

Time for a cuppa and an off the bike chat. Paul's been impressed with Tony's riding but he's spotted where improvements could be made. He talks Tony through some defensive riding techniques that will help him to ride more smoothly and with greater control.

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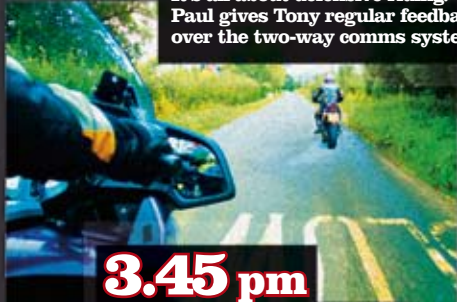
**12.30 pm**

Over lunch there's a lot of bike talk... and a de-brief on the morning session.

**1.45 pm**

Back onto rural roads to work on road positioning, cornering, braking and forward observation.

It's all about defensive riding. Paul gives Tony regular feedback over the two-way comms system.



**3.45 pm**

It's practise, practise, practise.

**4.30 pm**

A final de-brief before Paul gives Tony a last few words of advice.

**Will Tony be back? Many riders are booking refresher courses when they realise how much more they can get out of their riding thanks to the advice given by our expert riders.**

**FEEDBACK**

Went on a three hour jaunt yesterday evening with 'my crowd'. There were loads of right turns, and they all seemed a lot better than before. So thanks very much to you. I think Tuesday may have been a turning point.

Thank you for the subsidised advanced motorcycle training. The instructor was extremely good and despite having ridden for 35 years I learnt a lot and found that I could ride more smoothly, with more awareness and in a generally safer fashion. The initiative is highly commendable.

A short note to thank you for a very interesting, informative and entertaining day on Sunday. Both my wife and I enjoyed the experience and have come away from it with techniques and ideas that I know will make us both better riders.

I had four hours with Paul. Apparently I was pretty good but I had a tendency to run a bit wide towards the centre of the road when out in the lanes. Paul suggested I spend a few weeks practicing the stuff we did on the next day and then book a two hour refresher, which I will. Excellent, give me more I say.

"I take my hat off to your riding school. About 4-5 weeks ago, I totally lost my confidence. Today with Tony, I regained that confidence, and above all I learnt a fantastic amount. I shall certainly be approaching you for more advanced training."

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# THE COURSES

## FOR SCOOTER RIDERS

### **Defensive Moped Riding**

FREE half day courses for riders wanting to learn more advanced riding skills and techniques. An ideal follow up to CBT.

### **Moped to Motorbike**

FREE half day courses for riders who want to progress to a 125 but have only ever ridden a moped.

## FOR 125 RIDERS

### **Defensive 125 Riding**

Choose from a FREE half day course or more extensive full day course for £30. A confidence boosting defensive riding session suitable for all 125 riders.

## FOR RIDERS OF MORE POWERFUL BIKES

### **Skills enhancement course**

A day long skills enhancement course that introduces advanced and defensive riding techniques - only £30.

## QUALIFY FOR INSURANCE DISCOUNTS

If you take one of our courses and meet the Driving Standards Agency Enhanced Rider standard you will be given a certificate that qualifies you for insurance discounts from the many insurers who support the scheme.

Don't worry if you don't quite meet the standard. We can offer further training and support to get you to the required level.

The Enhanced Rider Scheme is open to all bike riders who have a full motorcycle licence, no matter what size of bike you ride.

go to [www.direct.gov.uk/ERS](http://www.direct.gov.uk/ERS)