

Compulsory Basic Training (CBT) Explained

All learner moped and motorcycle riders are required to complete a CBT before going out onto the road. [The only exception to this is holders of full car licences issued before 1st February 2001 who are entitled, by a quirk of the law, to ride a restricted moped].

The CBT can only be delivered by a Driving Standards Agency (DSA) approved training school.

So why can't all motorcycle trainer offer these courses?

All CBT's include an off road section which can only be conducted on a specially approved area by instructors who passed the DSA course and who hold a current CBT licence. The off road area used has to pass stringent criteria laid down in the CBT regulations and must be inspected and approved by a DSA examiner. Only Authorised Training Bodies (ATB's) offer these facilities.

So the first thing to do is to find yourself a training school. The MCITA list will help you to locate a trainer who offers the reassurance of complying with the Standards laid down for all our members. Have a look at the Choosing A Trainer section for further guidance.

Highway Code

Once you have chosen your CBT provider and booked your course, you should make sure you are familiar with the Highway Code. It is not a pre-requisite for taking a CBT, but you will find that you will really benefit from brushing up on it's contents. The first part of your course involves a discussion of the rules and regulations of the road.

On the Day

Your training provider will probably give you a full briefing of what to do on the day of the course and importantly what to wear. If it is wet then make sure you have some good warm waterproof clothing. If it is hot, do NOT turn up expecting to ride in a T-shirt and shorts.

It is really important to wear clothing which will

protect you. If you have a helmet make sure that it is in good condition, and do not wear trainers or soft shoes. Whatever the weather you should wear a strong pair of shoes or boots. Try to have something that will protect your ankles as well as your feet.

The CBT is a long day, so try to get a decent nights sleep before the course. A late night out and an early start will not help you concentrate. Also remember if you have been drinking the night before you may have residual alcohol in your blood the following morning.

What the CBT involves

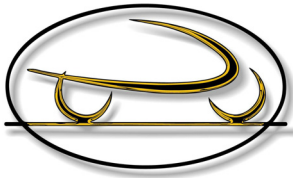
Your course will be divided into 5 sections and your instructor will assess your performance in all of these areas as the day progresses. Each of the sections must be taken in order and must be properly completed before moving on to the next section.

There is no time limit on the sections but there is a minimum time for the road ride section. You must spend a **minimum** of 2 hours on the road with your instructor. This should be spent riding and not sitting by the side of the road or in a café. A debriefing should take place at the end of the ride. If you spend less than 2 hours out on the road you have not properly completed your road ride, and if you are still presented with your pass certificate (DL196) at the end of your course,, the instructor is in breach of the regulations.

An outline of what is included in each section is listed below:

Element A - Introduction

The first part of your CBT is classroom based, and will introduce you to the course and what to expect from your session. The instructor will cover all the legal



aspects of riding on the road; tax, MOT and insurance as well as what licence you must have. There will also be a discussion covering the key elements of safe riding.

Element B - Practical on-site training

At this stage you will meet your machine for the first time. You will be shown the controls and the instructor will explain how they work. You should also cover some of the basic checks that you will need to do each time before you ride, checking oil and petrol levels and the tyre pressures for example. You will be shown how to take the bike on and off the stand and you will be asked to push the bike to get used to the weight and feel. Finally, you will be shown how to start the engine.

Element C - Practical on-site riding

You will now move onto a safe off road area to start to ride. Firstly you will learn how to move off slowly using the clutch and making all the correct observations. As your confidence grows you will conduct figure of 8 exercises which will help you to learn control. You will also learn and practice emergency stops and finally how to make left and right turns.

Element D - Practical on-road training

Now, it's back to the classroom for a well earned break from riding. You will now go through the pre-road ride briefing. Here you will cover all the aspects of staying safe on the road. You will cover the Highway code, and the relevant sections covering motorcycles and mopeds. You will discuss how to stay visible and reduce the level of vulnerability. You will find out about the principles of riding defensively – making sure that other road users know you are there and take you into account. Finally, you will cover the legalities such as speed and obeying road signs and instructions.

Element E - Practical on-road riding

On the road with your instructor. You may be riding on

your own or with another trainee. You will never have more than 2 students out with an instructor.

You will normally start steadily on quieter roads before progressing to a town centre location and some longer, faster roads to give you the chance to experience a range of road conditions and demonstrate your skills.

You need to show that you are safe and competent. Your instructor needs to feel confident that you would be safe if allowed to ride on your own. If you achieve this you will be issued with your Certificate (DL 196) and your course is complete. Remember though – if your road ride is not at least 2 hours long your trainer is breaking the law.

Certificate of completion (DL 196)

When all five elements have been satisfactorily completed, a certificate of completion, called the DL196, will be issued. This certificate validates the relevant entitlements on your driving licence. You need to note that:

- a DL196 certificate is valid for two years – your CBT will have to be retaken if both theory and practical tests are not passed within the two year certificate life
- for moped entitlement only, if you pass your car driving test whilst your DL196 is still current or complete a CBT course and obtain a DL196 after passing your car test, the certificate is not subject to expiry. Please note that this applies to mopeds only, for riding motorcycles as a learner the DL196 remains valid for two years

Further Action

We would always recommend that you take further training following your CBT, after all the 'B' in 'CBT' does stand for BASIC. Most trainers will offer a follow-up course, and if you are taking a full licence you will certainly require additional training.

Finally, if you are taking a motorcycle or moped test, remember to take your CBT certificate with you to the test centre. You will not be able to commence your test without it.