

# Advanced Rider Training

## Motorcycle Requirements:

- Tires:
  - Tires should be less than five years old and have at least 3/32" tread depth.
- Condition:
  - Nothing hanging off, general cleanliness, thick brake pads, good chain and sprocket, good fork seals, and NO LEAKS.
- Coolant:
  - There is no need to replace your glycol coolant for an ART class, but if your bike has ANY overheating issues, please get them fixed before attending.

## Safety Requirements

- Helmet:
  - ECE, Snell, or FIM-approved full-face motorcycle helmet
- Gloves:
  - Leather (gauntlet-style) motorcycle specific riding gloves
- Boots:
  - Solid leather boots covering the ankle that have little or no heel.
- Suit:
  - Motorcycle-specific leather or Cordura jacket and pants
- Other:
  - Motorcycle-specific spine protectors and airbags are encouraged