

## **GWRRR Sample Questions for PLP Facilitators**

### **Range Exercise # 1 – Cone Weave**

1. Where were your eyes looking?
2. Where will you be looking next time?
3. Are you turning your head as far as you would like to?
4. Are you steering or counter-steering?

### **Range Exercise # 2 – Straight Line Braking**

1. Which brake did you lock up?
2. What will prevent that next time?
3. What gear did you stop in?
4. What gear should you be when you come to a stop?
5. Which foot came down first?
6. Why do think that is?
7. Where are your handlebars pointed when you came to a stop?

### **Range Exercise # 3 – Braking in a Curve**

1. Did you brake first or straighten your handlebars first?
2. Where were your head and eyes?
3. Did you brake as smoothly as you can?
4. Did you apply both brakes evenly?
5. What gear did you stop in?

### **Range Exercise # 4 – Sharp Turns**

1. How was your entry speed?
2. Where should your head and eyes be?
3. What would an exaggerated head turn do for you?
4. Were you able to maintain a steady throttle throughout the turn?
5. Were you able to accelerate coming out of the turn?

### **Range Exercise # 5 – Obstacle Avoidance**

1. Is your wrist flat on the throttle?
2. Are you looking well ahead?
3. Are you pressing with only your hands?
4. Are you sitting upright or are you leaning into the backrest?

5. Are you allowing your shoulders and/or upper body to become involved?

### **Range Exercise # 6 – Double U-Turns**

1. Are you using the friction zone to control your speed?
2. Would a higher gear make it smoother for you?
3. Are you counter-weighting to the outside of the turn?
4. Would shifting your position in the saddle make it any easier?
5. Are you looking all the way through the turn?
6. Are you looking at your exit point or at the ground?
7. How was your entry speed?