

## RIDER SKILLS COURSE

This course instills essential skills around effective use of the controls, balance, emergency braking and basic up and downhill techniques and more. This course prepares the rider for more advanced riding practices.



**Skill level**  
**Intermediate**



**Duration**  
**8:30 - 15:30**  
Course times may vary



**Price/person**  
**R1290**



A minimum of 6 students is required to run this course

### Course Outline

This course covers aspects such as:

- » Understanding bike / ATV maintenance
- » Mounting a bike / ATV and understanding balance and body positions
- » Mastering the primary controls (throttle, brakes, clutch and gearing)
- » Basic up and down hill techniques and emergency braking
- » Essential rider controls and balance, basic sitting and standing positions
- » Up and down hills
- » Riding side slopes
- » Manoeuvring the bike or ATV in different types of terrains

The following bike/ATV categories are covered:

- » Dirt bikes (off-road and motocross)
- » All-terrain vehicles
- » Utility quads & Side-by-Sides

People that master the techniques presented in this course become competent to progress to the next level courses.

### Who Should Attend this Course?

For existing riders this course refreshes and enhances existing rider skills.

### Pre-Requisites

The following is required in order to attend the course:

- » The student must be able to ride motorcycle
- » The student must have basic riding kit such as helmet, goggles, gloves, sturdy pants and proper ankle protection

### Pricing

This course includes:

- » Instructor for the duration of the course
- » Tea and coffee on arrival
- » Light lunch at the ADA Training & Outdoor Centre

*Note: Students are required to use their own bike. However, should you not have your own, you are welcome to rent a bike and riding gear for an additional R750.00 per day.*

### How to book

E-mail [info@adasa.co.za](mailto:info@adasa.co.za) or [heine@adasa.co.za](mailto:heine@adasa.co.za) or 079 637 5465

Find us on  



# COURSE BOOKING FORM



## Personal Details

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_ ID number:

Cell no: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Special dietary requirements: \_\_\_\_\_

Vehicle make: \_\_\_\_\_ Vehicle model: \_\_\_\_\_ Vehicle Identification number (VIN): \_\_\_\_\_

## Course Details

Course: \_\_\_\_\_ Date: \_\_\_\_\_

Own Bike  Academy Bike (Rental)

Own Vehicle  Academy Vehicle (Rental)

Skill Level:     

Comments: \_\_\_\_\_

## Bank Details



(ADA) African Dream Adventure, Absa Account Number: 408 0020 345, Universal branch code: 632 005

## Terms and Conditions

- BOOKING:** Bookings will only be considered as confirmed once full payment has been received. To confirm your booking, please pay full amount directly into our account. Email the signed and completed form along with the indemnity forms for all participants and proof of payment confirmation to us on [info@adasa.co.za](mailto:info@adasa.co.za)
- DEPOSIT:** A non-refundable deposit of 50% is payable immediately. The balance is due 3 days prior to the course date.
- CANCELLATION:** (a) In the event of cancellation by you 10 or more days prior to the course date, you will receive a full refund minus R150 per person administration fee. (b) If you cancel 5 - 9 days prior to the course date, your deposit is forfeited. (c) If you cancel 3 - 4 days prior to the event you will receive 25% of the full amount. (d) If you cancel 0 - 3 days prior to the course date no refund whatsoever for any reason will be allowed. You may substitute any person with another person without penalty.
- CANCELLATION BY ADA:** ADA may cancel any course within 3 days of the advertised course date if insufficient numbers exist to conduct the program. Furthermore, ADA may cancel any course on the course day if weather conditions make it unsafe for the student. ADA will endeavour to let you know before arrival. However this might not always be possible. Should this occur those persons booked into the cancelled program will be re-booked into another course convenient to them at no additional charge.
- POSTPONEMENT:** Your deposit is transferable to another course date should the request for postponement be made 5 or more working days before the original course date (and subject to availability). Deposits are transferable for a maximum of six calendar months from the date of the original course date and may be transferred a maximum of once during this two month period.
- REFUNDS:** Course payments WILL NOT be refunded where a person fails to attend a course and has not previously notified ADA.
- INDEMNITY:** The undersigned participant(s), does (do) hereby execute this release, waiver and indemnification for himself (herself)(themselves), and his (her)(their) heirs, successors, representatives and assigns and hereby agree(s) as follows: To release the organisers, it's members, employees, agents, representatives and those governmental agencies affiliated with this course from any and all liability, loss, damage costs, claims and / or causes of action, including but not limited to all bodily injuries and property damage arising out of participation in the course referred to above, it being specifically understood that the said course includes the operation and use by the undersigned participant and others of motorcycles, quads, vehicles and trucks. The undersigned further agree(s) to indemnify the organisers, its employees, members, agents, representatives and those governmental agencies and other organisation(s) affiliated with this project, and hold them harmless for any liability, loss, damage, cost, claim, judgement or settlement that may be brought in said course as a result of the undersigned's participation in said course. This indemnification shall include attorney's fees incurred in defending against any claim or judgement and incurred in negotiating settlement. It is understood and agreed that the undersigned shall have the opportunity to consent to any such settlement, provided, however, that such consent shall not be unreasonably withheld. Furthermore, the participant agrees to abide by the safety rules of the event and agrees not to undertake any action not included in the programme.

Signature (Guardian if under 18 Years)

Date

Find us on   e-mail: [info@adasa.co.za](mailto:info@adasa.co.za) or [heine@adasa.co.za](mailto:heine@adasa.co.za)

[www.adasa.co.za](http://www.adasa.co.za)

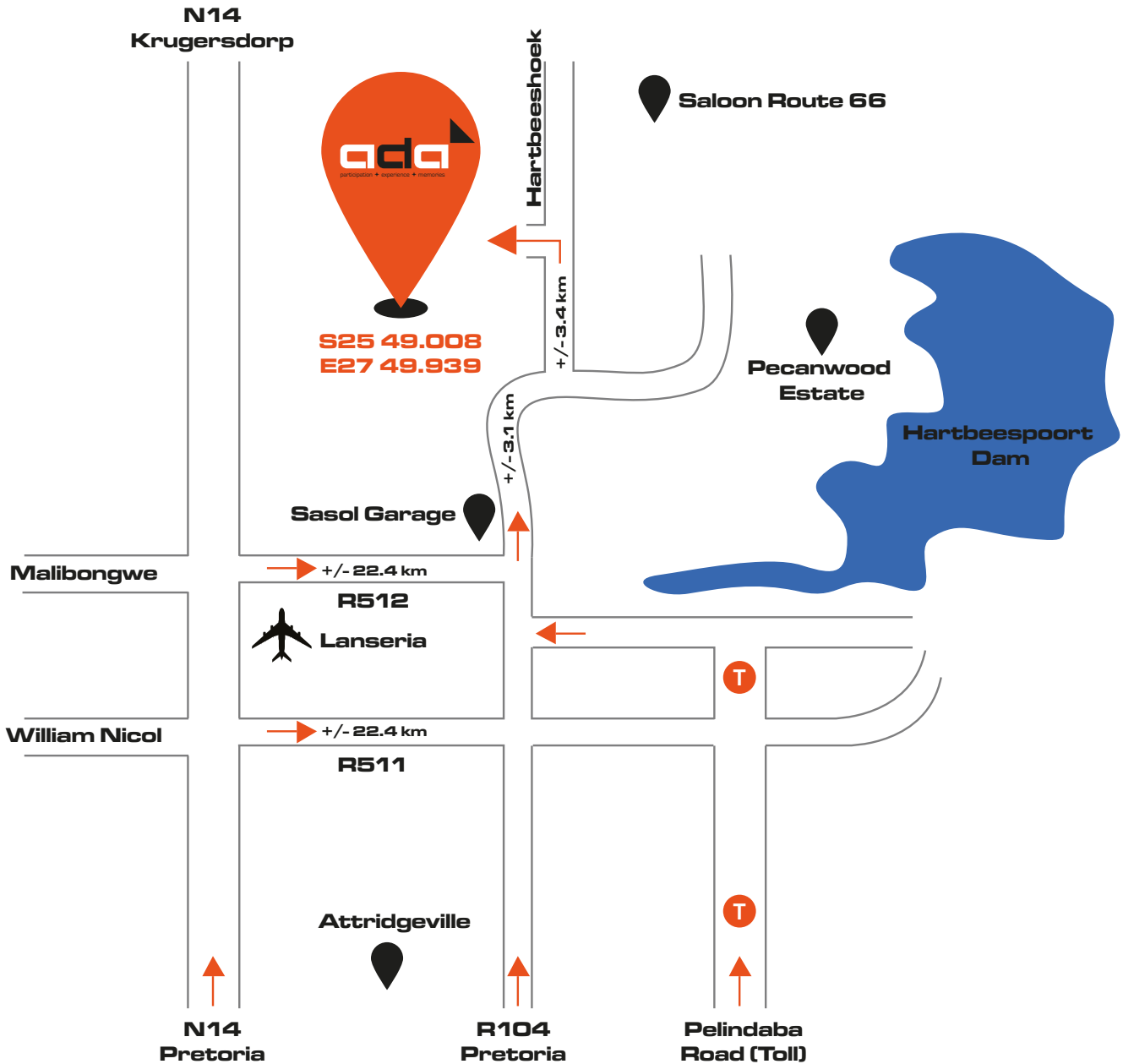


## Map & directions

Find us on Google Maps: ADA Training and Outdoor Centre

### From Johannesburg / Krugersdorp

Take R512 past Lanseria towards Hartbeespoort Dam.  
From N14 to T-junction at R104 travel about 22.4 km.  
Turn left at T-junction towards Hartbeespoort Dam.  
After approximately 3.1 km turn left on Hartbeeshoek Road (D400).  
After approximately 3.4 km turn left into the ADA Training & Outdoor Centre.



### From Pretoria East

Take the N14 towards Krugersdorp.  
Turn right at the R512 off-ramp towards Hartbeespoort Dam.  
After approximately 22.4 km, turn left.  
After approximately 3 km turn left again toward Hartbeeshoek (D400).  
After approximately 3.4 km turn left into the ADA Training & Outdoor Centre.

### From Pretoria North

Take the Pelindaba toll road.  
After the last toll gate, take the off-ramp to the left.  
At R104 turn right towards Hartbeespoort Dam.  
After approximately 9.5 km and turn left toward Hartbeeshoek (D400).  
After approximately 3.4 km turn left into the ADA Training & Outdoor Centre.