



<b>Procedure: HS0001</b>	<b>Northumbria Blood Bikes Rota Definition: Handling a Motorcycle onto and off its Centre Stand</b>		
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<b>Approved:</b>	<b>04<sup>th</sup> August 2015</b>	<b>By:</b>	<b>Secretary &amp; Training Manager</b>
<b>Doc Ref</b>	<b>HS0001</b>	<b>Version</b>	<b>1.0</b>

### **Why do we need this Procedure**

This document sets out guidance for handling a motorcycle onto/off its centre stand

#### **A. Who is Responsible for this Policy**

The Secretary of the group is responsible for the maintenance of this policy.

The Executive Committee, delegated in this case to the Training Manager and Secretary is responsible for approving this policy.

Any person operating an NBB motorcycle is bound by the rules laid out in this procedure.

#### **When will this Policy be reviewed**

The policy will be reviewed a maximum of one year following its approval.

#### **How will changes be notified**

The latest version of the policy will be made available via the members' library on the group website. New versions will be announced via email to all qualified riders, drivers, shift coordinators and the executive committee.

## 1. Aim of procedure

1.1. This document provides guidance to handling an NBB motorcycle onto and off its centre stand. This topic will be covered in assessment rides and checks with the NBB Training Manager and or at the request of a rider.

## 2. To Place the motorcycle onto Centre Stand

1. Start with the motorcycle on level, firm ground

1.1. Deploy the side stand

1.2. Ensure the motorcycle is in neutral. Some people claim it is just as easy to move a motorcycle with the clutch held in as it is in neutral. But for some motorcycles this is not the case, as many do not completely separate the clutch from the drive plate. Putting your bike in neutral effectively avoids this problem entirely, and also makes it easier to take it down from the stand when you're ready to ride.

1.3. Put the Heel of your foot on the centre stand lever, and push until both sides of the stand are touching the ground. This is to make sure that the motorcycle is not leaning to one side. It's much easier to check now than to pick up a fallen bike. NB - using the Heel of your foot will remove/reduce the chance of injury to muscles/soft tissue/tendons. Use of the toe or instep will place unnecessary pressure and strain on the lower back and Calf/Achilles areas.

1.4. Grab the rear of the bike. If you have a Rail behind the seat, that will do just fine. If not, a solid bodywork will suffice. Just be sure whatever you're holding onto won't fall off when you pull backward on it. Some bikes, e.g. Honda Pan European have a "lifting" handle fitted to assist (On Left of the bike under seat)

1.5. Guide the bike onto the stand. Do not lift your motorcycle, it is a very heavy object. Instead, place all of your body weight on the stand lever, and pull backward on the bike, not up. If done correctly, your body weight will lift the bike backward onto the stand without needing to lift with your arms.

## 2. To take the Motorcycle OFF Centre Stand

2.1. Ensure that the side stand is deployed, Stand to the Left of the motorcycle, hold the left handlebar grip with the left hand, use right hand to grasp bike in appropriate place. Use body weight to rock the motorcycle forward and off the stand, the side stand will take the weight of the bike.

2.2. Depending on stature, the rider may prefer to mount the motorcycle and rock it forward off the stand, whilst sitting astride

### Northumbria Blood Bikes Rota Definition:

## Handling a Motorcycle onto and off its Centre Stand

### Version Control and History

Date	Version	Author:	Reason For Change
04 <sup>th</sup> August 2015	1.0	Chris Mitchell/Geoff Spencer	First Version