Type: Procedure	Northumbria Blood Bikes: Handling a Motorcycle onto and off its Centre Stand Policy		
Owner:	Training Officer	Author:	Geoff Spencer
Approved:	06 Dec 2017	By:	Executive Committee
Doc Ref	HS0001	Version	2.2

A. Why do we need this Procedure

This document sets out the requirements to comply with the charity commission.

B. Who is responsible for this Procedure

The Training Officer is responsible for the maintenance of this Procedure.
The Executive Committee is responsible for approving this Procedure.

All riders of NBB should be familiar with the information in this procedure.

C. When will this Procedure be reviewed

The Procedure will be reviewed a maximum of Two year's following its approval.

D. How will changes be notified

The latest version of the Procedure will be made available via the members' library on the group website. New versions will be announced via email to all members.

1. Aims of the Policy

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. The Procedure

2.1. To Place motorcycle onto its Centre Stand

2.1.1. Start with the motorcycle on level, firm ground

2.1.2. 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

2.1.3. 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

2.1.4. Ensure that there is enough clearance space behind the bike as it will be moved back as it goes onto its centre stand.

2.1.5. 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)

2.1.6. 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.

2.2. To take the motorcycle OFF its Centre Stand

2.2.1. 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.

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

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Version Control and History			
Date	**Version**	**Author:**	**Reason For Change**
4 Aug 2015	1.0	Chris Mitchell/Geoff Spencer	First Version
6 Dec 2017	2.0	Geoff Spencer	Document review, Charity Number change, Formatting changes
7 Jan 2020	2.1	Ronnie Paton	Document Review
August 2023	2.2	Stephen Winn	Periodic Review, added section 2.1.4