

STRONGHOLD EDUCATION

Course Outline and Syllabus

Off-Road Motorcycle Operator Course

1. Course Overview

The Off-Road Motorcycle Operator Course is a structured, instructor-led training program that develops foundational off-road motorcycle operation, rider safety, and hazard management competencies through a combination of classroom theory and supervised closed-course practical instruction. The course is designed to support career and personal development for participants pursuing rider safety certification, foundational preparation for motorcycle instructor pathways, or personal skill development in off-road motorcycle operation.

This course is publicly advertised and open to enrolment by any member of the Canadian public who meets the stated prerequisites. It is not restricted to any particular population or employer.

2. Course Provider

Provider: Stronghold Education

Organization type: Community-based organization providing publicly advertised skills training courses in Ontario

Contact: Stronghold Education

Email: Education@strongholdwellness.ca

Public course listing: www.StrongholdWellness.ca/Education

3. Course Details

Course title: Off-Road Motorcycle Operator Course

Duration: 2 days (16 hours of instruction) + 1hr virtual orientation

Delivery format: In-person: classroom theory and supervised closed-course practical instruction. Emphasis on hands-on learning.

Training venue: Private off road motorcycle track – Ottawa, Ontario

Course dates: As posted online.

Maximum enrolment: 10 participants (maintains a 1:5 instructor-to-student ratio on the course)

Availability: Publicly advertised and open to the general Canadian public who meet the stated prerequisites

Language of instruction: English

4. Learning Objectives

On successful completion of this course, participants will be able to:

- Conduct a systematic pre-ride inspection of an off-road motorcycle using the T-CLOCS framework (Tires/Wheels, Controls, Lights/Electrics, Oil/Fluids, Chassis, Stands).
- Identify and correctly fit the full complement of off-road protective equipment and explain its hazard-mitigation function.
- Demonstrate fundamental low-speed control: balance, clutch modulation, throttle control, and progressive braking.
- Apply correct body position in both seated and standing attack positions across varied terrain.
- Execute progressive cornering technique and controlled braking from speed in a closed-course environment.
- Recognize common off-road riding hazards and apply appropriate avoidance and response techniques.

5. Prerequisites

- Minimum age 18.
- Baseline physical fitness sufficient to operate an off-road motorcycle and to lift a 100–130 kg machine with instructor assistance.
- Signed participant agreement, medical disclosure form and liability acknowledgement.
- No motorcycle experience is needed
- Signed participant agreement, medical disclosure form and liability acknowledgement.

6. Curriculum and Module Breakdown

Module 1 — Rider Safety Theory, Pre-Ride Inspection and Protective Equipment

- Principles of risk management applied to off-road motorcycle operation.
- Pre-ride inspection using the T-CLOCS framework.
- Protective equipment: helmet standards, goggles, chest and back protection, knee and elbow armour, boots, and gloves.
- Motorcycle controls and ergonomics: overview of clutch, throttle, front and rear brakes, gear shift, and kill switch.

Module 2 — Fundamental Riding Skills

- Mounting, dismounting, and balance at rest.
- Clutch feel and friction-zone modulation.
- Throttle control: smooth application, roll-on, and roll-off.
- Progressive braking: front, rear, and combined braking at low speed.
- Shifting through the gearbox under instructor supervision.
- Low-speed drills: figure-8, slalom, and controlled-stop exercises.

Module 3 — Progressive Riding Skills

- Body position: seated neutral and standing attack position.
- Cornering technique: entry speed selection, line choice, and throttle discipline through the corner.
- Controlled braking from speed without wheel lock-up.
- Hazard recognition and avoidance technique: swerving, emergency stopping, and visual lead.

Module 4 — Varied Terrain Skills

- Loose-surface technique: sand, gravel and loose dirt.
- Uphill technique: gear selection, body position, and throttle management.
- Downhill technique: controlled descent, engine braking, and brake discipline.
- Obstacle negotiation: logs, ruts, and step-ups on a closed circuit.
- Instructor-supervised application in a controlled terrain-circuit environment.

Module 5 — Final Assessment

- Practical skills circuit: demonstrate low-speed control (figure-8 without foot-down), controlled braking from speed within a defined stopping distance, and complete a set obstacle circuit within safety parameters.
- Debrief, individual feedback, and issuance of Certificate of Completion to successful participants.

7. Course Schedule

The following schedule illustrates a typical two-day course delivery:

Day	Time	Module	Format
Day 1	08:30 – 09:00	Registration, orientation, gear issue and liability acknowledgement	Classroom
	09:00 – 12:00	Module 1 — Rider Safety Theory, Pre-Ride Inspection and Protective Equipment	Closed-course practical
	12:00 – 13:00	Lunch break	—

Day	Time	Module	Format
	13:00 – 17:00	Module 2 — Fundamental Riding Skills: Balance, Clutch, Throttle and Braking Control (closed course)	Closed-course practical
Day 2	08:30 – 12:00	Module 3 — Progressive Riding Skills: Cornering, Standing Attack Position and Hazard Avoidance	Closed-course practical
	12:00 – 13:00	Lunch break	—
	13:00 – 15:30	Module 4 — Varied Terrain Skills: Loose Surface, Hill Technique and Obstacle Negotiation	Closed-course practical
	15:30 – 16:30	Module 5 — Final Assessment: Written knowledge test and practical skills circuit	Assessment
	16:30 – 17:00	Debrief, individual feedback and Certificates of Completion issued to successful participants	Classroom

8. Performance Standards and Assessment

Course completion is determined against measurable performance standards. Participants must achieve all of the following to receive a Certificate of Completion:

- Pre-ride inspection standard: complete a full T-CLOCS inspection correctly identifying at least one instructor-planted fault.
- Low-speed control standard: complete a figure-8 within a marked box without placing a foot down.
- Braking standard: execute a controlled stop from 30 km/h within a defined stopping distance without wheel lock-up.
- Obstacle-circuit standard: complete the set closed-course obstacle circuit within the safety-and-time parameters defined by the lead instructor.
- Safe-conduct standard: consistent compliance with course safety protocols across both days, with zero safety violations during the assessment.

9. Certificate of Completion

Participants who meet all performance standards will receive a Stronghold Education Certificate of Completion identifying:

- Participant name.
- Course title and date of completion.
- Total hours of instruction (16).
- Modules completed and performance standards met.

- Instructor signature and course provider seal.

The Certificate is a personal development credential documenting the participant's completion of instructor-led off-road motorcycle safety training. It is not a government-issued motorcycle operator's licence.

10. Course Cost

The course fee covers tuition, round trip travel, shared accommodations, all meals during the course, vehicle rentals, motorcycles, fuel, riding safety equipment, professional instructors and administrative support.

Cost component	Amount (CAD)
2026 TOTAL COURSE COST	\$5,550 + HST

Proof of registration will be provided. This letter may be submitted to Veterans Affairs Canada in support of an Education and Training Benefit — Short Course Application (VAC 1549), where applicable. An Invoice will be issued once registration is complete.

12. Cancellation and Refund Policy

- Cancellation by the participant more than 60 days before the course start date = Full refund.
- Cancellation 30-60 days before the course start date: 50% refund if no replacement can be found. If replacement can be found a full refund will be issued.
- Cancellation within 14 days of the course start date: no refund unless replacement can be found.
- Cancellation by Stronghold Education (weather, park access restrictions, instructor unavailability): full refund or transfer to the next available course.

13. Provider Acknowledgement

Stronghold Education confirms that this course is:

- Provided by a community-based organization.
- Available to the broad Canadian public on an open-enrolment basis.
- Publicly advertised on the Stronghold Education website and associated public channels.
- Delivered in a public forum at a licensed closed-course off-road training facility in Ontario.

This course outline is issued by Stronghold Education to support participant applications for third-party funding, including the Veterans Affairs Canada Education and Training Benefit (Short Course stream) where the participant is independently eligible.

Signed on behalf of Stronghold Education:

