

2026 Motorcycle Theory Test: The Ultimate Study Guide

This guide covers the essential knowledge required to pass the UK Motorcycle Theory Test in 2026. Use this alongside the practice questions to ensure a first-time pass.

Section 1: The 2026 First Aid Standards

The DVSA has updated the 2026 curriculum to place higher importance on life-saving skills at the scene of an accident.

The DR-ABC Protocol

- **D (Danger):** Check for your own safety and that of others.
- **R (Response):** Check if the casualty is conscious by gently shaking their shoulders.
- **A (Airway):** Ensure the airway is clear. Do **not** remove a rider's helmet unless absolutely necessary for breathing.
- **B (Breathing):** Check for breathing for up to 10 seconds.
- **C (Circulation/CPR):** If not breathing, start chest compressions.

CPR & AED (Defibrillators)

- **Chest Compressions:** Depth of **5–6 cm** at a rate of **100–120 beats per minute** (the rhythm of "Stayin' Alive").
- **AEDs:** In 2026, you are expected to know that anyone can use an Automated External Defibrillator. Turn it on immediately and follow the voice prompts. It will only shock if it detects a specific heart rhythm.

Section 2: Motorcycle Maintenance & Tech

A safe rider is a rider who knows their machine.

- **Tyres:** Minimum legal tread depth is **1.0 mm** (compared to 1.6 mm for cars). Check pressures when **cold**.

- **Drive Chain:** A chain that is too loose can jump the sprocket and lock the rear wheel. Check tension and lubrication weekly.
- **Fluid Levels:** Check oil and coolant on level ground. Check for fork seal leaks, as oil on brake discs is a major hazard.
- **Safety Gear:** Only use helmets with the **BS 6658:1985** or **UN ECE Regulation 22** mark. Visors must be replaced if scratched.

Section 3: Road Craft & Observation

The "Lifesaver" Check

The most important check a motorcyclist makes. It is a final shoulder check into your blind spot before you commit to a change in direction (turning, overtaking, or moving off).

Positioning

- **Left-hand Bends:** Position yourself towards the **right** (near the center line) to increase your "viewing pipe" around the corner.
- **Right-hand Bends:** Position yourself towards the **left** (near the kerb) to see further around and avoid leaning your head into oncoming traffic.

Section 4: Essential Road Signs & Rules

Sign Shape	Meaning
Circle (Red Border)	Prohibitive (Do not do)
Circle (Blue)	Mandatory (You must do)
Triangle (Red Border)	Warning (Hazard ahead)
Rectangle	Information

- **Speed Limits:** National speed limit on a single carriageway is **60 mph**; on a dual carriageway/motorway it is **70 mph**.
- **Vulnerable Users:** Give cyclists as much room as a car (at least 1.5 meters). Watch for pedestrians with white sticks and red bands (deaf and blind).

Section 5: Hazard Perception & Weather

- **Aquaplaning:** If the bike "floats" on water, ease off the throttle and keep the bike upright. Do **not** brake.
- **Following Distances:** Use the "2-second rule" in the dry. Double it to **4 seconds** in the wet and **10 seconds** in icy conditions.
- **Filtering:** Legal in the UK, but should only be done at low speed with extreme caution. Watch for pedestrians crossing between stationary cars.

Final Preparation Tip

For the most up-to-date 2026 practice tests, official books, and highway code kits, visit:
<https://amzn.to/4tZpgZu>

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