

Get Into 'Gear'

Leather clothing offers the best abrasion protection, and in most cases body armour is fitted. Extra kit such as a back-protector can absorb energy from an impact. They protect the spine and also help to prevent damage to internal organs which can be harmed by a heavy external blow. When buying a back protector make sure it meets the latest standards and carries the CE mark. Modern textiles can now offer as good protection as a set of leathers but with the added bonus of flexibility, comfort and waterproofing.



Gloves



Never ride without gloves, even in summer. Crash damage to hands can be very severe. When buying, check out the quality of the stitching and the thickness of the leather. Thick gloves may be more protective, but they will need longer to 'break-in' and may mean that you lose dexterity or 'feel' when you're on the bike. Make sure you have the appropriate pairs for both summer and winter riding.

Boots

Pick the right pair! Race-style boots may look the business, but they're not going to be waterproof, so if you do many miles in all weathers, look elsewhere. Sit on the bike in your normal riding position with the boots on and make sure that you can freely operate the motorcycle foot controls without rubbing and check that they give good support to the ankles etc.



Helmets



The most important piece of your kit is your helmet! Your helmet is paramount to your safety in the event of an collision, so take the time to find the right one!

It's vital to TRY before you buy. Remember - a helmet that doesn't fit properly won't protect you in a crash. For more info on helmet fitting go to www.sharp.direct.gov.uk

Top Tips for Safe Riding

- 🏍️ Avoiding loss of control - avoid the skid in the first place. Learn from your experiences in the past – if in doubt, slow down.
- 🏍️ Negotiating bends - assess the road surface and the severity of the bend and adjust your speed accordingly.
- 🏍️ Overtaking - be patient – if you are not sure, then don't go for it, wait a few seconds. Circumstances will change, if you are still looking for that overtake further up the road, and it is safe to do so, go for it then.
- 🏍️ Double bends - be cautious on the first bend because the second is often more severe.
- 🏍️ Give yourself space.
- 🏍️ Be visible – use your headlight day and night.
- 🏍️ Reflective strips or decals – for your clothing and your motorcycle.
- 🏍️ Be aware of the blind spots on vans and trucks.
- 🏍️ Don't ride when you are tired or under the influence of alcohol or other drugs.
- 🏍️ Know and follow the rules of the Highway Code.
- 🏍️ Stick to the speed limit.
- 🏍️ Know your bike and how to use it: Get formal training and take refresher courses.



www.donriskit.info/motorbikes



Safety advice for motorcyclists using the roads of the Highlands & Islands



www.bikesafe.co.uk

www.northern.police.uk

Bikesafe

The roads of the Highlands and Islands offer all motorists the opportunity to enjoy the spectacular scenery of the area but they also present some of the most challenging roads in the country, particularly for motorcyclists.

Visitors and locals using motorcycles on the roads of the Highland and Islands are at greater risk of injury than any other group of road users, whether through their own actions or those of other roads users.

Northern Constabulary are concerned that bikers are often using roads they are unfamiliar with and at speeds which are not appropriate. This can put a rider into situations beyond their own or their bike's abilities.

We are keen for bikers to enjoy the opportunity offered by the roads of the Highlands and Islands but ask that this is done in a manner which does not put you or others at risk of injury and allows for a safe return home.

This leaflet is provided to offer advice on clothing and riding skills for all bikers to allow them to enjoy their motorcycling in a safe and responsible manner.

Bikesafe is an initiative run by Police Forces around the United Kingdom who work with the whole of the biking world to help lower the number of motorcycle casualties. By passing on their knowledge, skills and experience, police motorcyclists can help you become a safer more competent rider.

They help you to develop your ability and confidence, so you can get even more enjoyment from riding your motorcycle.



For more information on Bikesafe and booking a course please contact www.bikesafe.co.uk

Bikeaid

"First Aid training
for motorcyclists, by motorcyclists."

This course equips trained motorcyclists with the skills to give casualties necessary, basic life support in the event of an collision whilst they wait for the emergency services to arrive.



The Scottish Ambulance Service will cover topics such as spine immobilisation, scene safety, if and how to remove the helmet (which also involves a display of a revolutionary product called Hat's Off), and First Aid.

Group Safety

Each year, many riders are killed or injured when a group ride goes wrong. With careful planning and communication, group runs can be fun and safe for all.....



Plan your ride in advance

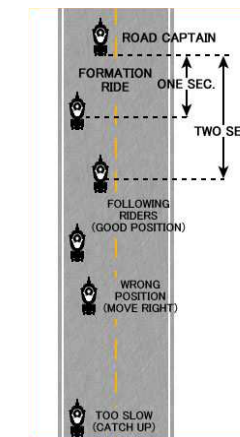
- 🏍️ Provide a map of the route with all the stopping places and fuel stops.
- 🏍️ Exchange mobile phone numbers.
- 🏍️ Decide who leads, who backs up and who navigates.

Organise a running order

A follow-the-leader approach can mean riders at the back trying to keep up. Advanced riding groups tend to use a marking system, which allows overtaking without upsetting the group, with riders stopping at some junctions to mark the route for other riders. This method is effective but will need experienced riders.

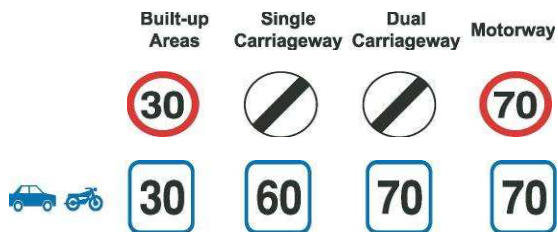
Watch your back

Collisions often happen when back riders try to keep up with front riders, by making rushed overtakes, crossing solid white lines, going too quickly into bends or even jumping red lights:



- 🏍️ If you're behind, don't be impatient to catch up
- 🏍️ If you're ahead, slow down to give those behind you time to catch up without rushing
- 🏍️ Try to keep the bike behind you in your mirrors all the time, so that you can stop or slow down if they disappear from view

Know your Limits



Northern Safety Camera Partnership enforces speed limits at a number of mobile sites and routes across the Highlands, particularly on the A82 and A9.

NSCP uses the Commander System which records the registration number of passing motorcyclists in order to identify and trace offenders. Details of mobile sites and planned deployment can be found at www.nscp.co.uk