



MOTORCYCLISTS **FACTFILE**



west
sussex
county
council



RIDE ON...

Whether you ride just to and from work, are an enthusiast riding every day, or just get your bike out on a sunny day – make sure you complete your journey safely and not become one of the motorcyclists being killed or seriously injured.

Make sure you:

- * Develop your riding skills and ride defensively - no one is invincible. Use your experience to keep out of trouble.
- * Develop your motorcycling sense – rider and machine blend as one.
- * Make sure you concentrate at all times – develop your observation skills.
- * Think before you act.
- * Give appropriate and proper signals – use your horn and headlights thoughtfully.
- * Exercise constraint and hold back where necessary – if in doubt, wait.
- * Be especially careful before and during overtaking.
- * Have a thorough knowledge of the Highway Code. Refresh this knowledge and put it into practice.

Remember that the essence of good riding is concentration, observation, anticipation and planning.

How about further training – especially if it is a while since you last got on your bike?



YOU AND YOUR BIKE

Your bike needs to be in tip top condition all of the time and this means regular checks. You are responsible for your bike being safe on the roads, so ask yourself the following questions....

Before you set off on each journey, do you check?

- * Brakes
- * Lights (& horn)
- * Tyres (foreign objects & pressure)
- * Steering & Suspension
- * Fuel, oil and coolant levels



YOU AND YOUR BIKE

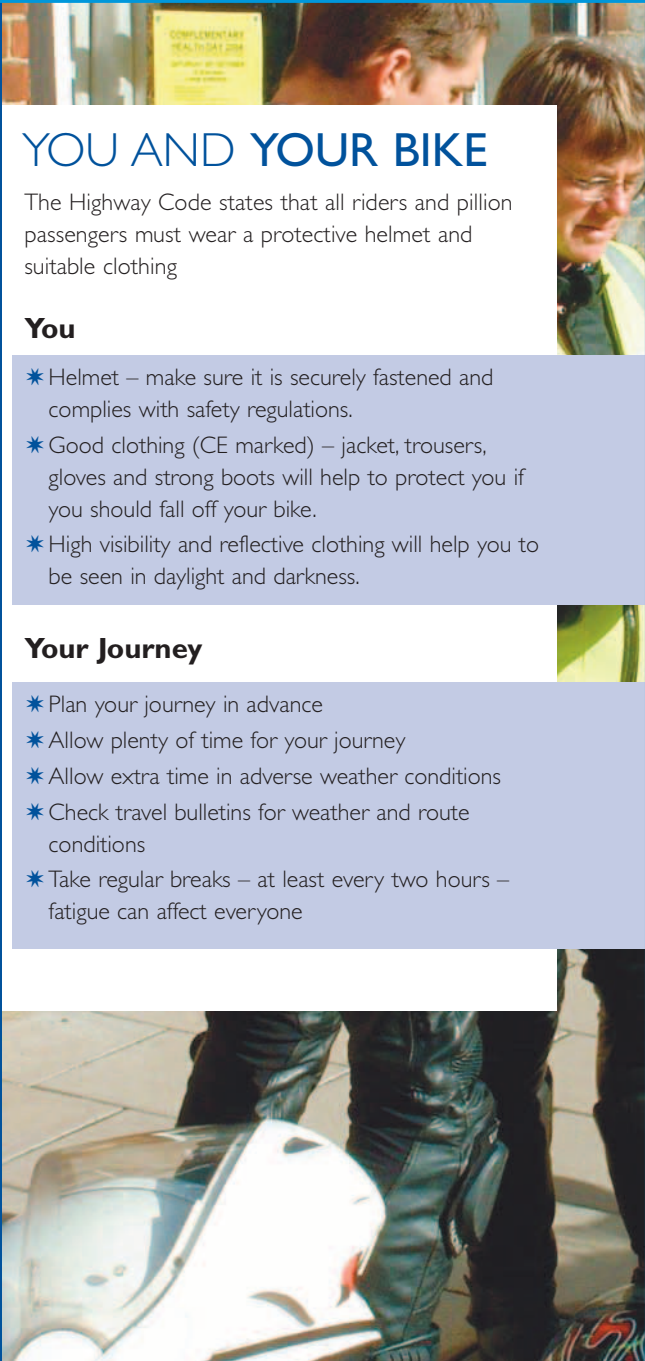
The Highway Code states that all riders and pillion passengers must wear a protective helmet and suitable clothing

You

- * Helmet – make sure it is securely fastened and complies with safety regulations.
- * Good clothing (CE marked) – jacket, trousers, gloves and strong boots will help to protect you if you should fall off your bike.
- * High visibility and reflective clothing will help you to be seen in daylight and darkness.

Your Journey

- * Plan your journey in advance
- * Allow plenty of time for your journey
- * Allow extra time in adverse weather conditions
- * Check travel bulletins for weather and route conditions
- * Take regular breaks – at least every two hours – fatigue can affect everyone



RIDE RESPONSIBLY

Speed limits apply to motorcyclists too!

Just because you are riding a powerful machine doesn't mean that you can ride faster than the speed limit.

In 2004 there were 15 motorcycle fatalities in West Sussex, along with 56 riders & passengers seriously injured. A further 164 were slightly injured – don't put yourself and others at risk

Remember...

- * Always ride at a speed that is entirely safe for the circumstances and don't take chances.
- * Just doubling your speed quadruples your braking distance.
- * Always ride at a speed that enables you to stop safely (not suddenly), well within the distance you can see to be clear ahead of you.
- * Check your mirrors before your signal, before you change direction or change lanes, and before you slow down or increase your speed.
- * Be patient with slower moving vehicles; including those who are learning to drive.
- * Slow down for horses and cyclists and give them plenty of room when you pass.

LOOK OUT

When out riding, consider other road users – particularly vulnerable road users.

Some people may have difficulty in dealing with traffic situations. The speed at which you ride may affect their safety.

Vulnerable Road Users include:

- * Children who may not be able to judge your speed and could easily step into the road in front of you.
- * Elderly pedestrians who may need more time to cross the road and who may have difficulty hearing you approach. Be patient and allow them to cross in their own time. Don't hurry them by revving your engine or edging forward.
- * Blind and partially sighted people who may have limited awareness of their road traffic surroundings.
- * People with disabilities – these road users may need more time to deal with traffic

**Remember –
Pedestrians look out more for cars
than bikes**



Being a good rider is about being safe, and it isn't just riders on the big powerful bikes who are at risk. There has been a sharp increase in the sale of scooters and small commuter bikes as a cheap and fashionable mode of transport, especially with younger people.

Even though the performance and characteristics of a scooter are different to those of a larger, more powerful bike, the basic safe riding skills are the same.

You are very vulnerable on two wheels. Take note of any changes in the condition of the road surface that might affect your braking, steering or acceleration.

Think! Before you ride...



TO KEEP OUT OF TROUBLE, YOU NEED TO BE ALERT

The best riders use a higher level of concentration than the average rider and are continually scanning all around them for signs of possible dangers. They don't wait for something to develop. Each move they make is planned event which means that the rider is always riding at a safe speed, with the bike in the right gear and in the safest position on the road.

You'll find those who have taken development courses in defensive riding techniques are the safest riders.

A trained rider is a better rider.

GROUP RIDING

follow these simple guidelines to reduce the risks:

Preparation Before you start, agree the route. Decide how long and how far you'll be riding. Exchange mobile 'phone numbers so you can keep in touch if someone gets separated from the group. And if you decide to go, let someone know.

Breaks Build in regular breaks for comfort stops and fuel. Use this opportunity to eat and drink as it's easy to get dehydrated and this can affect your concentration.

continued overleaf >

GROUP RIDING continued

follow these simple guidelines to reduce the risks:

Formation Only the Red Arrows can get away with close formations! Leave yourself adequate space for braking. Offset your riding position where possible to stay out of other rider's blind spots and to give yourself the best possible view ahead.

Keeping up Ride within the limits of the slowest member of the group. Don't force them beyond their abilities by making them try to keep up. Better to split into smaller groups and meet up at planned stops along the route.

Pack mentality Riding in a group means that you need to be more aware of other road users – especially the other riders in the group. Don't feel obliged to follow through if the bikes in front overtake a vehicle. Treat your manoeuvres as if you were riding alone and only go when you know it's safe. You are responsible for your own safety. In traffic break into smaller groups. This will allow you to take up less space and can make you more visible to other road users. Close up and double up at junctions and traffic lights to make more use of the available space and to reduce the chances of being split up.

And finally... Some people still get intimidated by large groups of bikes. Ride sensibly and remember that on some rural roads you might be one of hundreds of bikes that have passed in a relatively short time. Keep noise to a minimum and try to avoid generating complaints that could lead to unwelcome attention.

WHAT SHOULD YOU DO AT THE SCENE OF A CRASH?

- * Make sure someone calls 999 and then tells you that they have done this – give as much information as possible
- * Protect yourself and the casualty
- * Do not move the patient – except for reasons of safety
- * Maintain a good airway – monitor closely and support the head and neck
- * Do not remove the helmet unless to maintain the airway
- * Monitor breathing and pulse
- * Be prepared to resuscitate
- * Stop any serious bleeding – do not use torques
- * Give reassurance and keep the casualty warm – nil by mouth
- * Hand over details to the ambulance crew



WHAT TO DO IN A ROAD TRAFFIC CRASH

- * If there are any injuries, dial 999 and ask for Police and Ambulance
- * If the road is blocked or the crash is causing serious congestion, call 999 and report this.
- * If there are any serious injuries or fatalities the vehicles must not be moved.
- * If you are involved in a crash you must stop and if required supply your name, address registration number and vehicle owners name and address if :
 - ◆ Someone has suffered personal injury
 - ◆ Damage has been caused to another vehicle, trailer or property
 - ◆ Injury has been cause to a horse, cattle mule, sheep, goat, pig or dog.

If you are in any doubt contact your local police station

IF YOU WITNESS A CRASH

- * Make a note of the exact time it occurred
- * Give details of the location (use the nearest junction number on motorways)
- * Give details of the direction you are travelling

The more information you can give will help the emergency services pinpoint the location and respond quickly to save lives.

COURSES TO CONSIDER

BikeSafe Sussex - Is run by a partnership of Sussex Police and the three Sussex Local Authorities. The one-day workshop is part of a national police led initiative, where riders benefit from a morning theory session followed in the afternoon by on-road assessments. All of the assessors are advanced police riders. It's not a training course but a day aimed at increasing awareness. It hopefully identifies strengths and weaknesses in preparation for training by recognised providers. A great confidence builder.

For further details contact: **08452 307407**

or visit the website at www.bikesafe.co.uk

Advanced Courses - Both the Institute of Advanced Motorists (IAM), the Royal Society for the Prevention of Accidents (RoSPA) and the British Motorcycle Federation (BMF) have groups based in and around the County. The groups offer one to one riding assessments from trained volunteers. These can be very flexible to suit the time you have available.

Motorcycle Trainers - They don't only get riders through the test. They often provide post-test training to a high standard and have packages to suit most riders.

Information on approved Training Bodies in Sussex is available from the Driving Standards Agency, Yellow Pages or from the Road Safety Teams

West Sussex	01243 642105
East Sussex	01273 482294
Brighton & Hove City	01273 293704
Sussex Police	0845 6070999



PERSONAL DETAILS

Name

Address

Home Phone

Mobile Phone

Date of Birth

Blood Type

Special Instructions

Dentures

Contact Lenses

Pacemaker

Diabetic

Allergies

Medication for

Asthma

Anti Coagulant

Epilepsy

Diabetes

Heart Problems

NEXT OF KIN / EMERGENCY CONTACT

Name

Relationship

Address

Home Phone

Mobile Phone

REMINDERS

Bike Dealer Contact

MOT Due

Tyre Pressures

Front

Rear

Insurance Company

Policy Number

Renewal Date

Service Due



USEFUL TELEPHONE NUMBERS

Sussex Police	0845 6070999
Road Maintenance in West Sussex	01243 642105
Diesel spills	01243 642105
Driving Standards Agency (DSA)	0115 901 2595
British Motorcyclists Federation	0116 254 8818
Motorcycle Action Group	0870 444 8448
Institute of Advanced Motorists – car drivers	0208 996 9600
Institute of Advanced Motorists – Motorcyclists	01903 815175
RoSPA	0121 248 2000
RoSPA Advanced Driver Association (RoADA)	0121 248 2099
RAC	0208 917 2500
AA	0870 600 0371
Guild of Experienced Motorists	01342 826676



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