LAKE COUNTY MOTORCYCLE SAFETY TEAM

(Sub-committee of Lake County CTST)

MOTORCYCLE TIPS FOR RIDING

Your CTST Lake County Motorcycle Safety Team reminds you to always put safety first. Here are some tips that may help save your life:

Safe Riding Tips:

- ✓ Do whatever possible to make sure you are visible to other vehicles on the road.
- ✓ Use caution at all intersections, with special focus on left-turn drivers.
- ✓ Pay attention to road conditions, using caution on wet, dirt, & sand, as well as in construction zones.
- ✓ Check weather before heading out.
- ✓ **NEVER** Drink Alcohol and Ride a Motorcycle - they do not mix.
- ✓ **ALWAYS** Ride with Proper Safety Gear:
  - DOT approved helmet; goggles; boots covering ankle
  - Heavy denim jeans/chaps; jacket; long sleeved shirts
- ✓ **Check Your Equipment before Riding:**
  - Tires; Brakes; Cables; Lights; Reflectors; Oil/Gas; Horn

Group Riding Checklist:

- ✓ Always follow from the front.
- ✓ Stay close in formation (4-seconds behind and 2-seconds staggered).
- ✓ Do not violate traffic laws --- obey all traffic laws.
- ✓ Do not speed and slow down.
- ✓ Maintain curve and turn speeds until all riders have returned to formation.
- ✓ Use hand signals.
- ✓ Be aware of the road and traffic conditions.

REMEMBER, Safety Is YOUR Responsibility Every Time You Ride!

Avoid Rubber Band (Yo-Yo Effect):

The 'Rubber Band Yo-Yo Effect' can be reduced by following these guidelines:

- ✓ Lead bike changes speed more gradually.
- ✓ All riders watch farther ahead than just the bike immediately in front of them, in order to notice and to react quicker to changes in speed.
- ✓ All riders restrain the impulse to "crank it up" in order to quickly re-establish normal spacing.
- ✓ Lead bike does not increase speed within 15-seconds of entering a curve, which may require braking or some slowing down to maneuver it safely.
- ✓ All riders abandon the one-second spacing rule when riding 'twisties'.

For more information on The Lake County Motorcycle Safety Team, please contact:

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