



## Motorbike Off-Road Safe Operating Procedure

This safe operating procedure are intended to increase safety awareness to allow recreational motorbike riding to be carried out and enjoyed

### Guidelines

- Drive within your driving skill set. Do not try to impress others or be foolish
- Drive to the weather conditions. If in doubt, stop. There is always another day
- Assess roading conditions and adjust your speed to match your skill level
- It is important that you know how your bike works before you ride it. Not all bikes are the same and it can take time to get a “feel” for a bike you haven’t ridden before. If you haven’t ridden a bike for a while, its condition may have changed since you last rode it
- Your helmet is the most important piece of protective gear for safe riding. A helmet can help prevent serious head injury. **DO NOT** ride without a helmet
- You must be able to see clearly in order to ride safely. An object such as a rock, branch, or even a bug that hits you in the face can distract you. But if you are hit in the eyes, you can be blinded. Regular sunglasses do not provide proper eye protection while riding in the off-highway environment. A face shield or goggles will help protect you more fully.
- Good gloves should help keep your hands from getting sore, tired or cold, as well as offer protection in the event of a spilt
- Wear protective footwear. Do not ride bare feet
- Stay away from terrain where you really don’t belong, like dangerous slopes and impassable swamps. Watch carefully for sharp bumps, holes, ruts or obstacles and be able to identify muddy, sandy, rocky, dusty and wet conditions so you can adjust your speed and riding style accordingly. A responsible rider stays out of trouble not simply by handling the machine well, but by being smart enough to stay out of risky situations in the first place. Learn to “read” the terrain as you ride. Look well ahead of the trail. Know what’s coming and be prepared to react long before you get there. Be constantly alert for hazards. Don’t ride “over your head”, know how to adjust your speed to trail conditions and visibility.
- Avoid following too closely behind another rider as this could restrict your visibility.

