

Are you ready to ride?

Before heading out on every ride, take a moment to check yourself, your gear and your bike to ensure you stay safe on the road.



✓ Are you wearing the right gear?

Riders who wear protective gear are up to twice as likely to avoid being hospitalised after a crash. Even if it is just a short trip, be sure to wear a helmet, jacket, pants, boots and gloves to protect yourself. Check the safety and comfort ratings of your gear at [motocap.com.au](https://www.motocap.com.au).

✓ Have you checked the condition of your gear?

Make sure your gear does not have any signs of wear and tear, especially a cracked helmet or fraying garments. If so, replace them as soon as possible.

✓ Have you checked the condition of your bike?

Check the safety features of your bike, including the brakes and lights. Make sure to take it for regular tune ups, especially if you have not ridden in a while.

✓ Have you brushed up on your rider knowledge?

Do you remember your rider training, such as speed management, maintaining space, and how to ride curves and bends? Check out the Motorcycle Riders Handbook to ensure you understand safe riding practices.

✓ Have you checked yourself?

Are you well rested, alert, and ready to get on your bike? Drink plenty of water, and if you are heading out on a longer ride, plan ahead on where you will stop to take your breaks.

✓ Have you checked the weather where you're riding?

No one likes getting caught in the rain! Check out the weather on your ride, and ensure you always ride to the conditions.

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MotoCAP



Motorcycle Riders Handbook



Bureau of Meteorology

