

ALL THE GEAR ALL THE TIME!

Dress for the slide, not the ride. Proper gear may reduce your risk of serious injury. This includes your passengers.

JACKET

- ★ EN or CE rated armor for elbows, shoulders and back.
- ★ Leather, textile or Kevlar materials. Vents are helpful for hot days.
- ★ Reflective is helpful for visibility.

GLOVES

- ★ Full fingered motorcycle gloves that cover and fasten at the wrist.
- ★ Fits snugly without feeling restrictive or tight in the knuckles, or cutting off circulation.



HELMET

- ★ At minimum must be DOT approved.
- ★ Should be replaced every 5 years or when dropped.
- ★ Full face is preferred for maximum protection.
- ★ Should not want to rotate when on your head.

PANTS

- ★ EN or CE rated armor for hip, knee and shin protection.
- ★ Leather, textile or Kevlar materials. Vents are helpful for hot days.

BOOTS

- ★ Heavy duty to support the weight of you and your motorcycle.
- ★ Good grip, protect your feet and ankles from being crushed.

#THINKBIKE

Alberta Motorcycle Safety Society

AMSS

R | DESIGNS Alberta Government Traffic Safety Fund



www.ab-amss.org

**No matter if it's 2 or 3 wheels, there is nothing like the freedom of riding a motorcycle!
Some tips to keep you safe:**

STAY SHARP.



Scan the road surface ahead of you for irregularities like potholes, debris or gravel. Keep your head on a swivel and don't get distracted. Never ride under the influence and always be ready.

ALWAYS HAVE AN OUT.

Identify potential hazards and be ready to take evasive action.

MIND THE GAP.



Give yourself space between you and the vehicle in front of you. When stopping, leave room to move out of the way in case of emergency.

LOVE YOUR BIKE.

Regular maintenance is key to avoid preventable breakdowns and other mechanical issues.



EDUCATE YOUR PASSENGER.



Gear must be worn. Mufflers can burn. Sudden moves can affect safe control. Tell them what and where to hold on to and where to lean when braking.

WATCH THE LEFT TURN.



Intersections are potentially dangerous for everyone. Don't assume drivers see you. Watch for drivers turning left across your path.

LOOK WHERE YOU WANT TO GO.



If you get in to trouble, don't fixate on what you want to avoid.

BE SEEN.

Never ride in a vehicle's blind spot. Consider bright colours or reflective material. Make eye contact with other road users when possible. Choose proper dominant lane positioning.



WATCH YOUR GROUPS.

Acceptable group riding is 6. Ride staggered, give everyone space. Discuss the route, stops and hand signals before leaving. Have a lead and a sweep.



GET PROFESSIONAL TRAINING.

Whether you are a beginner or a seasoned rider, you'll benefit from sharpening your skills and learning the latest techniques.



CONSIDER THE WEATHER.

Use brakes, throttle and steering gently, especially in bad weather. Roads can get very slippery during rain storms.

