

QUICK TIPS

IMPROVE YOUR VISIBILITY

Wear light and/or reflective gear to make yourself more visible to drivers. Ride in groups or pairs to further increase your visibility.

GIVE YOURSELF TIME AND SPACE TO REACT

Leave at least a four-second gap between your motorcycle and other vehicles to provide adequate time and space for stopping.

REVIEW YOUR INSURANCE

Make sure you and your motorcycle are adequately insured in the case of a crash.

If you have any questions or comments related to aging riders, please contact ridesmart@cutr.usf.edu



IMPACTS OF AGING ON SAFE RIDING

As we age, natural changes can affect our riding, such as:

- Decreased vision, especially at night
- Loss of hearing
- Reduced muscle mass
- Reduced flexibility
- Slower reaction times

THREE THINGS

Every motorcyclist should do after turning 50



THREE THINGS EVERY MOTORCYCLIST SHOULD DO AFTER AGE 50

1. GRAB A BUDDY AND SIGN UP FOR TRAINING.

On average, riders have less than four seconds to avoid a crash after observing a potential hazard. Reacting safely and efficiently requires practice and muscle memory. An advanced motorcycle training course is an exciting way for you to practice crash-avoidance techniques, and to enhance your overall riding experience. Sign up on your own or with your riding buddies to put your skills to the test.

PERIODIC TRAINING CAN:

- Allow you to re-evaluate and refresh your riding skills alongside a coach
- Provide guidance on adapted riding techniques
- Allow you to evaluate motorcycle types that best fit your abilities
- Renew your confidence on the road!

2. CHECK YOUR GEAR: IS IT THE BEST PROTECTION FOR YOU?

Personal protective equipment, or gear as it is often referred to, has the ability to enhance your ride and empower you as a rider. In addition to heightening your style, DOT-compliant helmets, gloves, boots and jackets can help protect you from injuries in the event of a crash, and can also protect you from sunburn, windburn, and dehydration.

Manufacturers are constantly updating gear to provide the best protection. If your riding gear is over five years old, consider newer gear that offers the latest in materials, conspicuity and personal injury protection.



3. KNOW YOUR LIMITS WHEN RIDING.

Resist the dangers of complacency by paying close attention to changes in your vision, hearing, reaction time, strength and stamina. The odds of crashing in a single vehicle crash rise after age 50, and even minor crashes may result in more serious injuries as we age.

Other factors, like our ability to process and eliminate alcohol or medication may also inhibit essential riding skills, like vision and judgment. All riders should discuss the potential side effects of their medication with their pharmacist or physician.

Now you're ready to Ride!

THREE TIPS FOR EVERY MOTORCYCLIST

1 GRAB A BUDDY.



For more information on **TRAINING**, visit:
<http://ridsmartflorida.com/grab>

2 CHECK YOUR GEAR.



For more information on **RIDING GEAR**, visit:
<http://ridsmartflorida.com/check>

3 KNOW YOUR LIMITS.



For more information on **AGING RIDERS**, visit:
<http://ridsmartflorida.com/know>