

Every year thousands of people are killed or seriously injured on our roads, but motorcyclists suffer disproportionately—they are 40 times more likely to be killed than a car driver.

Riding a motorcycle has many advantages, ranging from filtering through traffic to the quick acceleration on more open roads. Whether you ride for pleasure or use your bike on the daily commute, those advantages come with an increased risk.

Too often, riders don't have the skills to handle their machines or are not aware of the risks they face.

What are the risks?

The 8 most common causes of motorcycle collisions in Gloucestershire are:

1. Poor observations of rider or driver.
2. Poor judgement by rider or driver.
3. Poor turn or manoeuvre by rider or driver.
4. In a hurry.
5. Loss of control.
6. Exceeding the speed limit.
7. Sudden braking.
8. Slippery road due to weather.

What can you do?

Instinct and quick reactions on their own aren't enough - you need to THINK! It doesn't matter if you've been riding for years or if you've just returned to biking; what you need is up-to-date bike handling skills, inside information and a head stuffed with riding know-how. The best riders **ROLER**:

Read the Road

- Get in the right position to increase your vision;
- Stay out of blind spots;
- Make yourself seen— hi-viz and headlights;
- Look out for changes in the road surface.

Observe others

- At junctions and in busy traffic;
- Keep your distance and remember the two second rule.

Legal

- Stay within the speed limit;
- Stick to the rules on signs and markings.

Emotions

- Your emotions will affect your behaviour, stay cool and calm.

React

- Make smooth changes in speed and direction and in good time;
- Keep your wits about you;
- Keep your eyes peeled.

Continued overleaf...



What can you do?

Hone Your Skills

Have you thought about developing your skills further?

It can be a good investment in your own safety. If you are an experienced rider, it may be years since you thought about training. An advanced riding course could help you with new techniques.

Before deciding on training, it's worth finding out just where you're at and what you need to know.

There are plenty of organisations that can help:

- The Driving Standards Agency
- The Motorcycle Rider Training Association
- British Motorcyclists Federation
- RoSPA Advanced Drivers Association
- The Institute of Advanced Motorists
- Bikesafe run by Gloucestershire Constabulary
- Enhanced Rider Training scheme.

See our [links page](#) for more information.

