

Bikesafe

Bikesafe is an initiative run by Police Forces around the United Kingdom who work with the whole of the biking world to help lower the number of motorcycle casualties. By passing on their knowledge, skills and experience, Police motorcyclists can help you become a safer more competent rider. They help you to develop your ability and confidence, so you can get even more enjoyment from riding your motorcycle.

For more information on Bikesafe and booking a course please visit the website at www.bikesafe.co.uk



Bikeaid

"First Aid training for motorcyclists, by motorcyclists."

This course equips trained motorcyclists with the skills to give casualties necessary, basic life support in the event of a collision whilst they wait for the emergency services to arrive.

Northern Safety Camera Partnership (NSCP)

NSCP enforces speed limits at a number of mobile sites and routes across the Highlands, particularly on the A82 and A9.

NSCP uses the Commander System which records the registration number of passing motorcyclists in order to identify and trace offenders.

Details of mobile sites and planned deployment can be found at www.nscp.co.uk



Useful links

www.northern.police.uk
www.bikesafe.co.uk
www.aroundthecorner.org.uk
www.dontriskit.info
www.mfr.co.uk
www.direct.gov.uk/ers
www.trafficscotland.org
www.nscp.co.uk
www.direct.gov.uk/en/TravelAndTransport/Highwaycode
www.visitscotland.com/quality-assurance/welcome-schemes
www.tsoshop.co.uk

Motorcycle shops & repairs

Calterdon Ltd, Harbour Road, Inverness, IV1 1UA, 01463 236566
Mitchells Motorcycles, Delmore, Inverness, IV3 8RG, 01463 233478
Spinningdale Motors, Spinningdale, Sutherland, IV24 3AD, 01862 881212
3rd Cog Motorcycles, 1/2 2 Upper Breakish, By Broadford, Isle of Skye, IV42 8PY, 01471 822682
AMS Motorcycles, 18 Coach Road, Wick, KW1 4HA, 01955 603550
Caithness Motorcycle Services, 2 Coronation Place, Castletown, KW14 8TT, 01847 821185
Dr D's, Bike Surgery, Craigiefield Road, Kirkwall, Orkney, KW15 1UJ, 01856 878313
Thulecraft Ltd, 6 Commercial Road, Lerwick, Shetland, ZE1 0LX, 01595 693192

BIKER'S TIPS FOR THE HIGHLANDS & ISLANDS



Know your Limits

Built-up Areas	Single Carriageway	Dual Carriageway	Motorway
30	60	70	70

Published with the support of the family and friends of the late Matt Campbell, rider and instructor.

"Because the Learning never ends"



Northern Constabulary
Protect and Serve - Dìon is Cuidich



Northern Constabulary are concerned that bikers are often using roads they are unfamiliar with and at speeds which are not appropriate. This can put a rider into situations beyond their own or their bike's abilities.

We are keen for bikers to enjoy the opportunity offered by the roads of the Highlands and Islands but ask that this is done in a manner which does not put you or others at risk of injury and allows for a safe return home.

This leaflet is provided to remind motorcyclists of the risks associated with country roads and to offer advice on riding skills for all bikers to allow them to enjoy their motorcycling in a safe and responsible manner as, unfortunately, too many bikers are killed or seriously injured each year on our roads.

Group safety

Each year, riders are needlessly killed or injured when a group ride goes wrong. With careful planning and communication, group runs can be fun and safe for all.

Plan your ride in advance

- Plan a route and ensure the group are aware of start and stop points.
- Exchange mobile phone numbers.
- Decide who leads, who backs up and who navigates.
- Travel in small groups.

Organise a running order

A follow-the-leader approach can mean riders at the back trying to keep up. Advanced riding groups tend to use a marking system, which allows overtaking without upsetting the group, with riders stopping at some junctions to mark the route for other riders. This method is effective, will need experienced riders and is a common practice.

The best motorcyclists ride defensively so they are less likely to have crashes. We all see examples of bad driving from time to time and motorcyclists are vulnerable to these mistakes. Riders with good defensive skills ride like they expect a problem every second. They are in control, so they enjoy more relaxed riding. By adopting this you will enjoy your trip through our area safely.

General advice

Make sure you:

1. Anticipate the actions of motorists.
2. Are alert and observant. Important when you are negotiating junctions or roundabouts; and when you need to look out for other vulnerable road users - children, pedestrians, cyclists and horse-riders.
3. Ride at a speed that will enable you to slow down and stop in good time. The unexpected can happen. Ride according to the conditions: slow down if it's wet, foggy or icy.
4. Position yourself in the best place on the road. Usually the middle of the lane. But take up your road position in good time before turning right or left, showing others what you aim to do.
5. Overtake safely. Can you see hazards? Is there a bend or a junction? Can you overtake without speeding up or swerving too much? Take a 'lifesaver' glance over your shoulder before carrying out manoeuvres when you need to know where other drivers are and what they are doing.
6. Are seen. Dipped headlights, even in good daylight, can help you to be seen. Motorcycles built and sold after 2002 always have dipped headlights on, but does yours?

Expect the unexpected

A summer day and a relatively quiet country B-road is bliss for a biker, but be warned, trouble can be just around the next corner, so expect the unexpected. Every year new bikes get faster and sharper but their owners don't necessarily increase their skills at the same rate.

Adverse weather

A trip to the Highlands and Islands of Scotland can be very memorable, the scenery, the haggis, the midges and what everyone talks about, the weather. The area typically is a few degrees cooler than the south of the country. The further west you go the more chance of rain. It's important that your kit is fit for purpose. Another important element of staying safe is concentrating and keeping your observations sharp. If you're cold and wet this will affect your riding and enjoyment.

Does any of this sound familiar?

- I often find that corners suddenly tighten up on me.
- I sometimes find I only just get away with overtaking manoeuvres.
- When I ride with my mates, I seem to have to thrash my bike to keep up.
- People are always pulling out on me and forcing me to take avoiding action.
- I worry about how secure my bike is, even when it's locked up.
- As soon as it rains all my confidence disappears.

They're all common complaints, and it's easy to blame most of them on outside influences. In fact they're mostly problems that can be solved with a different approach. For example, corners don't suddenly tighten up - if it's tighter than you thought it's because you didn't think and pick up the clues early enough to assess what was coming up.

Similarly, when people pull out in front of you, it's often not because they haven't seen you, but because you were going a lot faster than they expected - the average car driver has no concept whatsoever of the performance of a modern bike. Putting the emphasis on yourself to avoid trouble rather than relying on others to avoid you is the first step towards getting more out of your bike, and staying safe. The second step is improving your riding skills.

Top tips for safe riding

- Observations - it's important to know what's happening all around you to give you time to react.
- Negotiating bends - assess the road surface and the severity of the bend and adjust your speed accordingly.
- Overtaking - be patient - especially if you don't know the road. A safe opportunity may be a short distance away.
- Double bends - be cautious on the first bend because the second is often more severe.
- Give yourself space.
- Be visible - use your headlights day and night.
- Be aware of the blind spots on cars, vans and trucks.
- Ride at an appropriate speed.
- Know your bike and how to use it: get formal training and take refresher courses.
- Don't overtake at, or near, junctions