

BE AWARE

**OUT
THERE**

Off-road riding injuries
and fatalities are
preventable

www.betterhealth.vic.gov.au/offroad-motorcycle-rider-safety



BE AWARE OF YOUR GEAR

Make sure you wear

- a good fitting helmet & boots
- body armour
- all the right protective gear, even if you're only practising or riding short trips.

BE AWARE OF YOUR BIKE

Expect the unexpected.
be aware out there...

Check your bike's

- headlight & brake lights work
- throttle doesn't stick
- tyres have good tread & pressure
- brake pads are thick enough
- fork seals aren't leaking.

BE AWARE OF THE CONDITIONS

Know the track, and to be safe.
Check the local weather report.
Check the VicEmergency app.
Tell a friend where you're riding.

Remember to take

- snacks and water
- a charged phone
- a personal locator beacon
- a Crash Card in your helmet
(available from VicRoads or police stations)