

IMPAIRMENTS

Motorcycling requires 100 percent attention and relies heavily on your vision, judgment, ability to identify and prioritize hazards and motor skills. Impairments such as alcohol and drugs, heat exhaustion and hypothermia, and fatigue reduce your ability to search, evaluate and execute.

- In Minnesota, typically one third of all riders killed in crashes have alcohol in their systems.
- Having any alcohol in your system increases your chance of crashing.
- Ignition Interlock is not available for motorcycles. Riders arrested for repeat DWI or 0.16% BAC and above will not be legally able to ride a motorcycle for at least a year.



RESOURCES:

Motorcycle Dial-A-Ride is dedicated to educating motorcyclists about the consequences of riding impaired. Dial-A-Ride provides a safe and free ride service on weekends and holidays from the last weekend in April to the last weekend in October for riders and their motorcyclists. This organization also encourages using intervention methods to prevent riders who are physically or mentally unable to safely operate a motorcycle from riding.



motorcyclessafety.org



motorcycledialaride.org
888-DIAL RID(E); 888-342-5743



- ✓ PROTECTIVE GEAR
- ✓ CARRYING PASSENGERS
- ✓ IMPAIRMENTS



Minnesota Department of Public Safety
Minnesota Motorcycle Safety Center
800-407-6677

Paid for by Minnesota Motorcyclists



MOTORCYCLE RIDER CHECKLIST

MOTORCYCLESAFETY.ORG

PROTECTIVE RIDING GEAR

Wear all the gear, all the time, because you are:

- Much more susceptible to serious injury in a crash, even a minor one, compared to most motorists.
- Exposed to heat, cold, rain and road debris.

WHAT TO WEAR

✓ DOT-APPROVED HELMET



Minnesota law requires permit holders and riders and passengers under age 18 to wear a DOT-approved helmet. Make sure your helmet is comfortable and doesn't move or slip on your head. Riders can choose from three helmet styles:

- Full-face helmet — covers the head, chin and jaw and includes a movable face shield to protect your face from wind and debris.
- Three-quarter or open-face helmet — same basic components as a full-face helmet but less protection for your face and chin.
- Partial-coverage (or "half") helmet — exposes more of your lower jaw and sides and back of your head.

Replace your helmet if it has sustained damage or if it is more than five years old.

✓ EYE PROTECTION



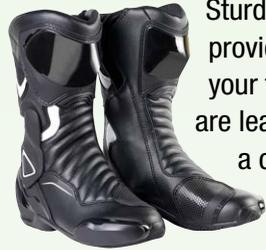
Minnesota law requires motorcyclists to wear eye protection. Recommended eye protection includes a full-face shield attached to a DOT-approved helmet or impact or shatter-resistant goggles.

✓ RIDING PANTS AND JACKET



Armored riding jackets and pants with armor in critical areas (including back, elbows, knees, hips and shoulders) provide the best crash protection. Brightly-colored clothing or a reflective vest makes you more visible to other motorists.

✓ RIDING BOOTS



Sturdy, over-the-ankle footwear provides the best protection for your feet, ankles and shins and are least likely to come off in a crash. Boots protect your feet from road debris and burns caused by hot exhaust pipes.

✓ RIDING GLOVES



Riding gloves protect you from the weather, give you a better hold on handgrips, prevent injuries in a crash and reduce hand fatigue.

RIDING WITH A PASSENGER

Extra weight and independent motion of a passenger will affect how you handle your motorcycle.

Keep in mind:

- You may need to brake sooner and harder.
- You'll need more time and space for passing.
- Starting out may require more throttle and clutch finesse.
- You'll need to use extra caution in a corner and avoid extreme speeds and dramatic lean angles.
- You may need to adjust your suspension.

TIPS FOR PASSENGERS

Passengers should:

- Be tall enough to reach both footrests.
- Be mature enough to handle the responsibilities.
- Wear full protective gear.
- Keep both feet on the footrests, even when stopped.
- Keep legs away from hot and moving parts.
- Stay directly behind you, leaning as you lean.
- Avoid unnecessary talk or motion.

Instruct passengers to:

- Get on the motorcycle after you have started the engine.
- Sit as far forward as possible without crowding you.
- Hold firmly to your waist, hips, belt or the passenger handholds.

