

21 FOR SEPTEMBER

1

Check your helmet

Check the expiry date. If it's 5 years or older, it's time for a new one.

2

Know your ride

Check your bike for wear regularly, so problems can be found and fixed early.

3

Remaster the classics

Ease into the riding season and refresh that riding feeling by practicing your technique.

4

Own your safety

Take action and always look out for yourself.

5

Ditch that scratched visor

Make sure you can see clearly.

6

Set up your bike right

Adjust your bike for a more comfortable ride.

7

Check your brakes

Relax into your ride knowing your brakes are working.

8

How safe is your gear?

Check out MotoCAP to see if it's up to scratch.

9

Brush up on the road rules

Respect the rules so you arrive safe every ride.

10

Know your tyre pressure

See how it feels and adjust no more than 2psi at a time.

11

Fine tune your skills

Check out Ride Forever's Online Coaching to nail your core riding skills.

12

Get a pre-ride service

It's time to clean, check and service your bike.

13

Be the best rider you can be

Keep improving and enjoy every ride.

14

Never forget your head checks

Know how to spot a blind spot.

15

All the gear, all the time

Cover up on every ride with a helmet, boots, gloves, armour, leathers and visor.

16

Ride like you're invisible

Position yourself in traffic so you can always be seen.

17

Have a pre-ride chat

Get your riding buddies together and make a plan.

18

Plan your route

Take a look to see where the best place to stop is.

19

Don't chase your mates

Catch up with your mates at the next stop.

20

Raise your sights

The further you look ahead, the more time you'll have to react.

21

Book a Ride Forever course

Bike and gear sorted? Don't forget your skills.

