

# **The Rocky Mountaineers Motorcycle Club of Colorado, Inc.**



## **Motorcycle Safety and Reference Book**

The Rocky Mountaineers MC would first  
and foremost encourage you to:  
**Ride Safe and Have Fun!**

The focus of our group rides is on fun. Riding in a group is different than riding on your own. While there's safety in numbers, there are risks, too. We want to make sure everyone arrives at the destination together - and in one piece. Please help everyone have a safe, fun riding experience by following these guidelines.

**Safety First**

Please remember that your own safety is always your own personal responsibility. Ride within your own limits at all times. Stay aware of the position and movement of all other traffic around you, including the other riders in our group. Observe traffic laws.

**Before you leave home**

Do a pre-ride safety check on your bike before you leave home. The Motorcycle Safety Foundation recommends the T-CLOCK method: Tires and wheels, Controls, Lights, Oil, Chassis, Kickstand. When was the last time you checked your tire pressure and tread depth? Do you have enough gas?

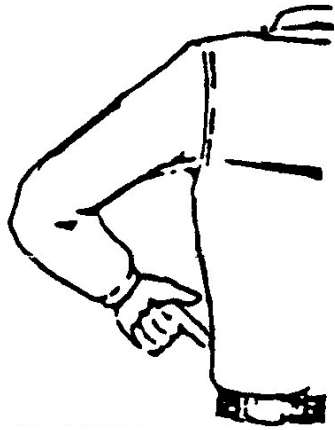
**Riding gear**

We encourage everyone to wear appropriate protective riding gear, including helmets. Don't forget your rain gear if the weather will be wet or extra layers if the weather will be cool.

**Before we depart**

Please arrive in time for our brief pre-ride meeting. Knowing where we are going, where we're going to stop, and how we're going to get there will make the ride safer and more enjoyable for everyone.

<b>Motorcycle Rider's Personal Information</b>			
Name:			
Address:			
City:	State:	ZIP:	
Phone Number:			
Medical Insurance Provider:			
Medical Insurance Number:			
Motorcycle Insurance Provider:			
Motorcycle Insurance Policy No.:			
Allergies:			
Emergency Contact Name:			
Phone:			
Relationship:			
Motorcycle Make:	Year:	Model:	
VIN:			
<b>Buddy Rider's Personal Information</b>			
Name:			
Address:			
City:	State:	ZIP:	
Phone Number:			
Medical Insurance Provider:			
Medical Insurance Number:			
Motorcycle Insurance Provider:			
Motorcycle Insurance Policy No.:			
Allergies:			
Emergency Contact Name:			
Phone:			
Relationship:			
Motorcycle Make:	Year:	Model:	
VIN:			



### NEED FUEL

Point to Gas Tank



### CHANGE LANE POSITION

Just like Double File except with rotation of the wrist to back and front.



## *The Rocky Mountaineers*

*Motorcycle Club wants to encourage you to ride safely and encourage those around you to do the same!*

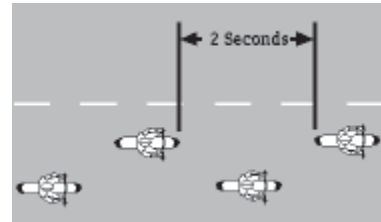
*Let's live to ride together again!*

*[www.rockymountaineers.org](http://www.rockymountaineers.org)*

### Follow the leader

We will designate a ride leader for each ride who will be responsible for making all the right turns. If there are more than three riders, we will designate a tail rider who will be responsible for making sure everyone else makes all the right turns, too.

### Left, right, left, right



We'll ride in staggered formation. The ride leader will ride in the left track of the lane. The next rider will ride one to two seconds behind in the right track of the lane. Each following bike will be staggered left and right accordingly. Be sure to leave one to two seconds distance between your bike and the one staggered in front of you. Leave two to four seconds distance between your bike and the bike directly in front of you in the same track.

### Rest easy

We usually make stops along the route about every hour, most often at a rest area or service station. This avoids fatigue, gives everyone a chance to refuel their bikes or themselves, and gives us more time to socialize along the way.

### Red means stop

Don't panic if the light turns red before everyone makes it through the intersection. Stop if the light turns red. The ride leader will keep an eye on things and pull the group over at a safe spot to wait for anyone who gets left behind.

## Lost and found

Don't panic if you get separated from the group. As soon as you realize you're lost stop and wait for someone from the group to come find you. Don't continue riding unless you're certain you know how to get to the next rendezvous point on your own. If you decide to leave the group during the ride, make sure the ride leader or the tail knows, so we don't spend a lot of time searching for you or worrying about you. We don't want to leave anyone behind.

## Problems along the way

If you need to stop unexpectedly during the ride for any reason, pull over at the next safe spot. The tail rider will stop and help you with the problem. All other riders should continue to follow the leader, who will pull the rest of the group over in a safe area to wait until the problem is resolved and the entire group can continue together.

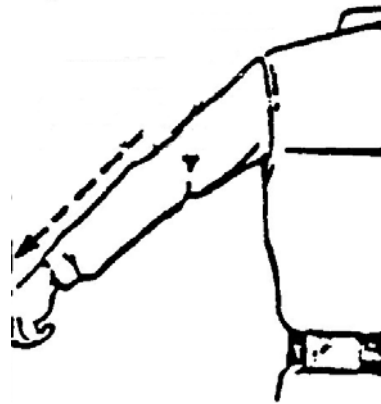
## Patience, patience

Our rides are designed for everyone to have fun and be safe. We all have different riding styles and different levels of experience. Don't let someone else's speed or style get under your skin. Have patience and respect everyone's abilities. But if someone is riding in a manner that endangers themselves or others, make sure the ride leader knows about it.

## Ride safe. Have fun.

Riding with a group of like-minded people can be one of the most enjoyable ways to experience our sport. The friendship and camaraderie of a group ride can be great experience. Come along and join the fun.

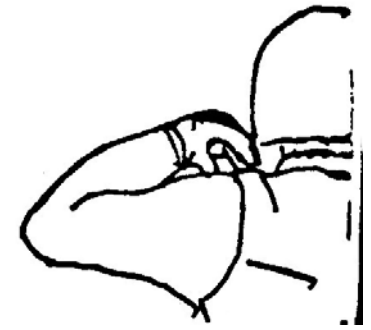
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### HAZARD IN ROAD

Point Immediately with emphasis

(Sometimes must be done with Right Arm)



### TIGHTEN UP FORMATION

Touch Left Shoulder



### TURN SIGNAL IS ON

Open and Close Hand with fingers and thumb extended.



### FOOD OR COMFORT STOP

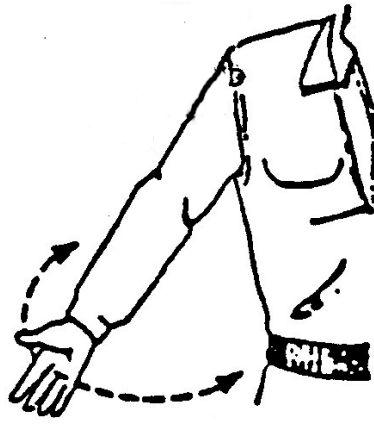
Fingers closed  
Thumb to Mouth

# Group Riding Hand Signals



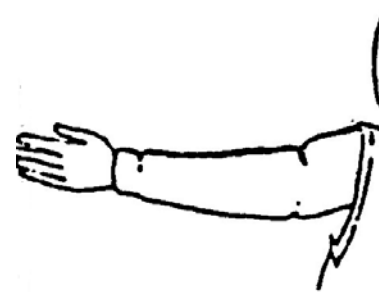
**FOLLOW ME**

Arm Extended Straight Up from Shoulder, Palm Forward



**COME ALONG SIDE**

Arm Extended Down with Palm Forward, Begin behind hip and swing forward



**LEFT TURN or Lane Change to Left**

Arm Extended with Palm Forward



**RIGHT TURN or Lane Change to Right**

Upper Arm Extended Horiz., Forearm straight up and Palm Forward



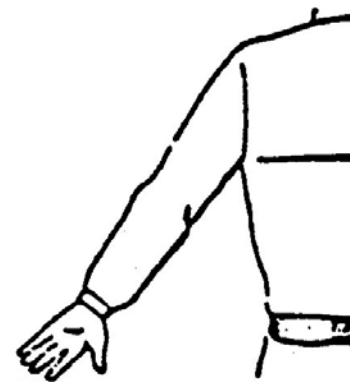
**SINGLE FILE**

Arm & Index Finger Extended Straight Up



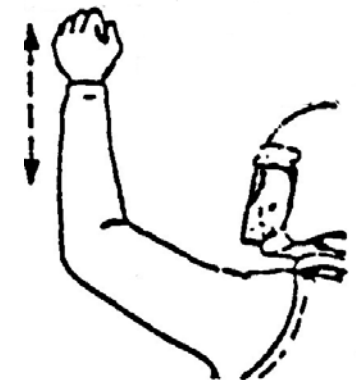
**DOUBLE FILE**

Arm, Index and Little Finger extended straight up.  
(We use Index and Little fingers so people in back can see separation)



**STOP or Slow Down**

Arm Extended Downward, Palm Back



**SPEED UP or Resume Speed**

Upper Arm Extended Horiz., Forearm straight up, fist clenched with up and down motion.

