



## ***Preparation***

### **Rider Preparation**

Before you ride your motorcycle for the first time, we strongly recommend that you:

- Read the owner's manual
- Make sure you understand all the safety messages
- Know how to operate all the controls

Before each ride, we also suggest that you make sure you:

- Are in good physical and mental condition
- Are free of alcohol and drugs
- Are wearing an approved motorcycle helmet (with chin strap tightened securely), eye protection, and other protective clothing

### **Protective Apparel**

For your safety, we strongly recommend that you always wear an approved motorcycle helmet, eye protection, boots, gloves, long pants, and a long-sleeved jersey, shirt, or jacket whenever you ride. Although complete protection is not possible, wearing the proper gear can reduce the chance of injury when you ride. Following are suggestions to help you choose the proper gear.

### **Helmets and Eye Protection**

Your helmet is your most important piece of riding gear because it offers the best protection against head injuries. A helmet should fit your head comfortably and have a chin strap that can be tightened securely.

An open-face helmet offers some protection, but a full-face helmet offers more. Regardless of the style, look for a DOT (Department of Transportation), or SNELL (Snell Memorial Foundation) sticker in any helmet you buy. This indicates that the helmet design has been tested and certified for use on motorized vehicles. Always wear a face shield or goggles to protect your eyes and help your vision.

### **Additional Riding Gear**

In addition to a helmet and eye protection, we also recommend:

- Sturdy off-road motorcycle boots to help protect your feet, ankles, and lower legs.
- Off-road motorcycle gloves to help protect your hands.

- Riding pants with knee and hip pads, a riding jersey with padded elbows, and a chest/shoulder protector.

## **Machine Preparation**

Before each ride, it's important to inspect your motorcycle and make sure any problem you find is corrected. A pre-ride inspection is a must because off-road riding can be tough on a motorcycle and you don't want to have a breakdown far from help.

## **Special notice to Parent:**

If a child will be performing their own pre-ride inspection, it is your responsibility to provide careful supervision and make sure all inspection procedures are safely performed.

## ***Pre-ride Inspection***

Check the following items before you get on the motorcycle:

- **Tires** Use a gauge to check the air pressure. Adjust if needed. Also look for signs of damage or excessive wear.
- **Spokes & Rims** Make sure the spokes are tight. Also check the rims for damage.
- **Leaks** Look under the motorcycle for signs of leaking fluids (fuel, engine oil).
- **Engine Oil** Check the level and add oil if needed.
- **Fuel** Check the level and add fuel if needed. Also make sure the fuel fill cap is securely fastened.
- **Drive Chain** Check the condition and slack. Adjust and lubricate if needed. Also check the chain slider for wear and replace if needed.
- **Cables** Check the cable housings for wear. Check the fittings for looseness. Replace or tighten as needed.
- **Nuts & Bolts** Use a wrench to make sure all accessible nuts, bolts, and fasteners are tight.
- **Spark Plug & Cap** Check for looseness.

Check these items after you get on the motorcycle:

- **Throttle** Check the freeplay and adjust if needed. Rotate the throttle to make sure it moves smoothly without sticking, and snaps shut automatically when it is released, in all steering positions.
- **Brakes** Squeeze the front brake lever and step on the rear brake pedal to check that the controls operate normally. Adjust freeplay, if necessary.

Remember, be sure to take care of any problem you find or have you're an authorized dealer correct it before you ride.

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The Nova Scotia Off Road Riders Association (NSORRA) is a volunteer-driven non-profit organization formed to promote and represent the safe, family friendly and environmentally responsible sport of off-road motorcycling.

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