

## **I.P.S.G.A.**

**Information** Take, Use, Give

**Position**

**Speed**

**Gear**

**Acceleration**

## **The Four S's**

**Safe** The main one, keep yourself safe at all times.

**System** Use IPSSGA to help you keep control of your riding.

**Smooth** Use observation to avoid harsh braking and swerving.

**Speed** Make progress legally and safely, taking advantage of what your motorcycle offers you.

**(Sparkle** Undefinable combination of smoothness, confidence and doing the right thing)

## **P.O.W.D.D.E.R.S.S.**

**Petrol.**

Check if you have enough fuel for your journey. Have you planned your petrol stops.

**Oil.**

Check the oil level to make sure it is at the correct height either by a dipstick or a spy glass in the side of the engine casing. Over filling an engine with oil is much worse than letting the level drop below the minimum mark. An over filled engine will blow oil seals everywhere around the engine and will cost loads to rectify.

**Water.**

If you have a water cooled engine check the level of the coolant again with the bike on its centre stand or with the bike totally vertical. Don't forget other fluids such as Brake or Clutch fluid levels

**Damage.**

Check over your bike totally for damage not only to fairings but also light lenses, brake and coolant hoses, cracks to the bike's frame, missing fairing bolts, dents to the wheel rims from pot holes, loose brake calliper bolts from vibration, cuts or brakes to the wiring harness and most importantly damage to your crash helmet. If you accidentally drop your lid or if it falls off your seat then don't wear it until you have a specialist examine the helmet.

**Drive**

Chain lubricated and correctly adjusted, shaft free from leaks and damage.

**Electrics.**

Complete a full lights check before a ride remember to check both the foot and hand brake switches, headlights, indicators and give the horn a quick blip.

**Rubber.**

Check the tyre pressures when the tyres are cold because the pressure will read higher when the tyres are hot. Place a bit of spit on your finger and smear it into the valve to ensure the valve is not leaking air bubbles. Obviously check the tread depth of both tyres and clear out any small stones from between the tread pattern. The minimum tread depth for motorcycle tyres in the UK is 1.0mm. Visually check both walls of each tyre to make sure there are no cracks starting to form due to lack of use or age.

**Steering/Suspension**

**Self (IAMS SAFE)**

Are you fit to ride, tired, a bit hung over take extra care if you must ride. If you have an injury which might inhibit your riding be aware you will have to make allowances e.g a stiff neck means you should take extra care with your rear observation.

### **IAMS SAFE**

Illness

Attitude

Medicine

Sleep

Alcohol

Food and Drink

Emotion

### **COAST**

Concentration

Observation

Anticipation

**Gives**

Space

Time

### **OAP**

Observe

Anticipate

Plan

### **SLAP**

Safe

Legal

Advantage

Perception