

Girls Ride Out



www.girlsrideout.com

“women sharing the twists
and turns of life”

RIDE GUIDELINES

For convenience and safety, Girls Ride Out suggests the following common sense guidelines on our rides to make the day safe and enjoyable for everyone:

- ➔ Turn up at the relevant meeting point on time
- ➔ Have a full tank of fuel when you arrive at the meeting point
- ➔ Ensure your motorcycle is registered to ride on the road and is roadworthy
- ➔ GRO encourages the wearing of appropriate motorcycle safety gear
- ➔ **Do not** turn at any corner unless there is a GRO corner marker indicating the direction
- ➔ **Do not** ride erratically or irresponsibly on any GRO rides
- ➔ **Do not** overtake the Ride Leader without first advising them of your intentions to leave the ride
- ➔ Leave ample space to the rider in front of you
- ➔ Be mindful of riders behind you and use indicators
- ➔ Ride at your own pace and experience
- ➔ If you've lost sight of everyone and you feel nervous, just safely pull over and wait for other riders or the Tail End Rider to catch up
- ➔ You are responsible for your own safety
- ➔ If you wish to leave the ride at any point along the way, please inform the Tail End Rider at a stop, before you leave

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– Please let us know your thoughts on our GRO rides –
– Any feedback will be used to improve our rides to be more enjoyable for you and others –



GRO rides are open to women and men who want to ride safely in a group environment. Our rides are social events and suitable for all levels of experience and all types of motorbikes and scooters. From Learners to Provisional to Full Licence, we invite you all to build your confidence with our rides:

➔ GRO rides supply a destination and a route

➔ Every ride has a **Ride Leader**, **Corner Markers** and **Tail End Rider**. All riders are relying on these so no one gets lost. **Corner Markers** must remain on the corner directing riders until the **Tail End Rider** comes along

➔ We ask non-financial riders and pillion to please sign our indemnity form on arrival at the meeting point

➔ GRO will provide riding buddies to those newer riders who need more support

➔ There are usually regroup points along the way, so be ready to pull up behind the **Ride Leader**, and allow **Corner Markers** to move back up to the front of the group

➔ At our destination, we have a lunch break before heading back home. This is your chance to meet and chat to other riders

➔ It is common practice to join a mini group for the ride home – don't be shy to ask around if you are unfamiliar with directions home

More GRO riding hints:

➔ When behind another rider, use the 3 second rule. You will have a better line of sight and more room in case you have to brake suddenly

➔ If another road user is in front of you behaving dangerously and you feel unsafe, slow down and give yourself more room

➔ If another road user is behind you behaving dangerously and you feel unsafe, slow down and/or safely pull over, and let them overtake you

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