

Pre-Inspection Check List

T-CLOCK is an acronym used to remind motorcyclists of the pre-ride inspection essentials. Use this list for your pre-ride (or a pre-purchase) inspection on your motorcycle, moped, scooter, or any three wheeled motor vehicle.

T – Tires, Wheels, and Brakes: check tread depth, wear, weathering, bulges, and embedded objects; check air pressure; check wheels for bent spokes or cast wheels for cracks; check rims for out of round; check bearings for free play in tires; and check brakes to determine that each brake alone keeps bike from rolling.

C – Controls: look at the levers and pedals for broken, bent, or cracked parts; be sure mounts are tight; check cables for frays or kinks; check hoses for cuts, cracks, leaks, bulges, chafing, or deterioration; be sure hose routing doesn't interfere with steering; and check throttle to be sure it moves freely, snaps closed, and doesn't rev when handlebars are turned.

L – Lights and Electrics: check battery terminals for clean and tight connections; check headlamp for high and low beam operation and aim; check tail lamp for operation and activation with both front and rear brake application; check left and right, front and back, turn signals; check mirrors and adjust; and check wiring for pinched or frayed wires and be sure wiring doesn't interfere with steering.

O – Oil and Other Fluids: check fluid levels; and check for leaks.

C – Chassis: check frame for cracks; check accessory mounts; check handlebar movement for full travel; check front forks for smooth travel; and check chain or belt for tension.

K – Kickstand: be sure the spring is working properly to pull it up and keep it up while riding; and check for cracks or bends.



733D Security Forces Squadron
Bldg 648 Washington Blvd
JBLE-Eustis, Va. 23604
(757)-878-4555
(757)-878-4556

Fire Department
Bldg 648 Washington Blvd
JBLE-Eustis, Va. 23604
(757)-878-1008

Balfour Beatty Housing Office
Bldg 126 Madison Ave
JBLE-Eustis, Va. 23604
(757)-369-8335

For more information please visit:
<https://micapeak.com/info/T-CLOCK.html>
<http://news.discovery.com/autos/drive/top-10-motorcycle-safety-tips.htm>
<http://www.msf-usa.org/>



733d

Security

Forces

Squadron

Motorcycle Safety



Safety is our main focus here at the 733d Security Forces Squadron, JBLE, the following information the is provided in this pamphlet is for the community on motorcycle, moped, scooter, or any three wheeled motor vehicle operation and operator safety. While operating any and all motorcycles, mopeds, scooters, or any three wheeled motor vehicle on JBLE the operator will follow all traffic laws. The operator must have in possession, a valid drivers licenses, valid learners permit, and a valid motorcycle safety course card. Owners must never allow an unlicensed driver or minor operate a motorcycle, moped, scooter or any three wheel vehicle at anytime.

Driver's License and Learner's Permit

Persons operating motorcycles, mopeds, or scooters must meet the licensing requirements of Virginia state law and the state in which their driver's license was issued. Additionally, individuals must be 16 years or older and have in their possession a valid Virginia state learner's permit or valid Virginia state driver's license and a completion card issued by the base safety office showing completion of the required motorcycle safety course to operate motorcycles and mopeds. Completion of the motorcycle safety course is not required for scooters.

Motorcycle/Moped Safety Equipment

Motorcycle and mopeds must have the following safety equipment: Headlight, horn, rearview mirrors (on both sides of the handlebars) and permanent and regular seats for one or two passengers.

Rider Safety Equipment

The operator and any passenger of motorcycles, mopeds, scooters, or any three wheeled motor vehicle must wear the following:

- Helmet properly fastened, DOT approved.
- Eye protection, shatter resistant (windshield fairing is not considered to be proper protection)
- Full-fingered gloves
- Long-legged pants
- Jacket or long-sleeved shirt with the sleeves rolled down

Rider Safety Tips

1. Always Wear a Helmet

The most important thing you can do to stay safe on a motorcycle is wear a helmet. Helmets protect your head, and head injuries are the leading cause of death for motorcycle riders. Make sure your helmet fits properly. It shouldn't be too tight or too loose. It shouldn't obstruct your vision, but it should cover most of your head.

2. Look Twice

Never assume that a driver sees you. Ride defensively and take responsibility for staying safe around cars. Keep out of vehicle blind spots, if you can't see the driver the driver can't see you.

3. Watch the Weather

When you're preparing to go for a ride, check the weather. If heavy rain, snow, or ice is predicted, leave the bike at home. If you absolutely must ride in the rain, don't ride right after the storm starts. When rain first hits the road, it brings up oil and other residue, making the road extremely slippery. If you wait a while, the rain will wash away the oil it originally brought up. Give the rain time to clear the road for you. Then, when you're on your way, be extra cautious. Go slowly, leave plenty of space for stopping, and if the weather gets worse, stop and wait it out.

4. Leave Enough Space

One of the biggest mistakes drivers and motorcycle riders make is not leaving enough stopping distance for bikes. While it's true that since bikes are smaller and lighter than cars, they need less space to stop and maneuver, they still need more than you might think. Practice stops on your bike in a safe environment and know how much space you need. Then, make sure you give yourself that much space in traffic. Leave a generous following distance between your bike and the vehicle in front of you, and try to keep an escape route open to the side (onto the road shoulder, for example) if you can't stop in time.

5. Avoid Distractions

We all know distracted driving is a bad idea, but it's worse when you're riding a bike. One of the keys to staying safe on a motorcycle is staying hyper-aware of everything that's going on around you. Remember, motorcycles are tough for drivers to see—especially drivers in large cars or SUVs. You need to see and avoid them, rather than bet on them seeing you. Running into any vehicle or roadside object while going 60 miles per hour is not worth looking at your phone or fiddling with your music. If you're on a bike, remove all temptation for distraction. Don't wear headphones, and put your phone where you can't get to it.

6. Ride Within your Skills

Riding a motorcycle is a skill, and like all skills, it's something that you need to develop. While you may be fine to go on an easy cruise around town, it takes time to grow the skills you need to be an expert rider. To stay safe, make sure that you always ride within your skill level. Your friends who have been riding longer may be able to go super fast, weave in and out of traffic, or control their bikes on curvy roads, but that doesn't mean you should. Take the time to build your skills and only ride in situations where you know your skills are up to the job.

7. Get the Right Gear

We've all seen people on motorcycles in shorts and flip flops. Those people are not being safe. Since a motorcycle offers little protection in a crash, what riders wear is part of the crash protection system. Even if you aren't in a crash with another vehicle on your bike, you could simply lose control and lay the bike down. In that situation, you'll be sliding along on asphalt. That's not something you want to do in shorts. Motorcycle riders are exposed to other road hazards, like small rocks, bugs and cigarette butts, that people in cars are protected from. The right jackets, pants, boots, gloves, helmets, and eye protection will protect you in crashes, objects flying from the road, and objects thrown from vehicles.