



Notes for Pillions

If you've never been on the back of a bike before, chances are that your friend will take it easy to start with. We've put a few tips together to make your ride more enjoyable.

- * Relax, don't sit there as stiff as an old board.
- * Lean with the motorbike. That is don't deliberately lean around corners. Just relax and go with the bike.
- * Don't try to sit bolt upright around corners.
- * Don't fidget at high or low speeds.
- * Arrange a signal with the rider if you are uncomfortable. A dig in the ribs usually works, but may be distracting!
- * Don't get off the motorbike until the rider has both feet on the ground and is aware that you are about to get off , again it's good to arrange a signal.
- * If your rider is filtering through traffic, remember that the bike is harder to handle at low speeds, so the less movement you make will help steady the bike.
- * Expect the unexpected. Watch the road so you can anticipate any sudden braking or accelerating.
- * During braking, you will lunge forward slightly and will probably nut your riders lid, prepare yourself on the approach of junctions and roundabouts by a) gripping the grab rail to steady yourself or b) if you are holding on to the rider twist your hand to the tank to take off the strain and to prevent you sliding into the riders seat.
- * During acceleration you will lunge back a little. If your holding on to a rear grab rail then just grip a bit tighter to steady yourself, leaning forward will help so long as you are not putting your body weight on the rider.
- * If you are holding on to the rider during acceleration then it is easier to steady yourself.
- * Don't distract the rider whilst moving. They need their concentration on the road.

Notes for Riders

The worst motorcycle pillion, is a fast rider themselves. Taking your mate on the back who rides like a looney themselves on their road or track bike, will undoubtedly be a rubbish pillion.

The reason is that they put themselves in the position of being the rider, your style of riding will be different from theirs. If you take your fellow motorcyclist as pillion, no doubt they will get off and tell you that you are the WORST rider in the world - don't take it to heart!

If you've never taken a pillion before, and want a few tips.

- * Prep your pillion before you set off.
- * Arrange a signal that they can give you if they are uncomfortable. Don't let them sit there scared witless at 70mph afraid to move.
- * Stop frequently to check they are ok.
- * Take it steady to start with. Having a pillion on the back effects braking and acceleration. So allow time in judging gaps during overtaking and don't break suddenly.

REMEMBER Your Pillion needs to wear a crash helmet by law- the right size and strapped UP. And do be sure to advise them to wear gloves, suitable jackets and trousers.

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