



# RIDER RESPONSIBILITY STARTS WITH THE RIDER

UNSAFE RIDING? THE CRASH IS ON YOU.

COMMONWEALTH OF MASSACHUSETTS  
**EOPSS**  
EXECUTIVE OFFICE OF PUBLIC SAFETY AND SECURITY

**massDOT**  
Massachusetts Department of Transportation



# 7 RULES TO KEEP YOU ON YOUR BIKE - AND OFF THE PAVEMENT.

## **FOLLOW THE LAW**

Speeding kills, especially on a motorcycle.

## **KNOW YOUR LIMITS**

Don't let anyone pressure you to ride faster than your level of ability – or the speed limit.

## **SEE AND BE SEEN**

Position yourself so that traffic can see you – and you can see them.

## **HAVE A PLAN**

Adopt a riding strategy like SEE (Search, Evaluate, and Execute). It can save your life.

## **RIDE SOBER**

Don't use alcohol, drugs, or certain medications when you ride. And stay off your motorcycle when you are not mentally or emotionally composed.

## **PUT ON THE RIGHT GEAR**

On a motorcycle, protective gear is a must. Wear a DOT helmet (by law), full fingered gloves, jacket, denim pants, and over the ankle footwear.

## **GET TRAINED**

The Massachusetts Rider Education Program (MREP) offers courses for riders at all levels.

**Find an MREP training course in your area at [mass.gov/ridesafe](https://mass.gov/ridesafe)**