



PRINTABLE + PHONE-FRIENDLY

# Motorcycle Safety / Pre-Ride Checklist

A practical rider checklist for calmer pre-ride prep, better visibility, city awareness, rain riding, and steady post-ride improvement.

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**Ride smarter. Ride safer. Enjoy the journey.**

Built for real motorcycle life: traffic, rain, tight streets, changing weather, and weekend rides.

01

# How to use this checklist

Pause first. Notice what matters. Ride with a calmer brain.

This checklist is not about perfection. It is a small pre-ride reset: bike, gear, weather, route, and rider mindset. Use it before city rides, weekend rides, rainy rides, or whenever you feel rushed.

## 1. Scan

Look over the bike, gear, weather, route, and your own energy before you enter traffic.

## 2. Decide

Fix the obvious issue now. Delay the ride if the risk is not worth it today.

## 3. Ride

Choose one focus: smoother throttle, better observation, safer following distance, or calmer cornering.

## Your one-rule anchor

Before every ride, ask: What would a calm, skilled rider do right now?

Tip: Print this PDF and keep it near your gear, or save it on your phone. Do not try to memorize everything. Let the checklist carry the thinking so you can ride with more attention.

## Quick safety lens

If something feels off, pause. A safe rider does not force a ride just because the bike is ready. The rider needs to be ready too.

02

## The 3-minute pre-ride check

Quick, practical, and honest. If something feels wrong, pause.

Use this when you are almost ready to leave. It should take only a few minutes, but it can save you from riding distracted or unprepared.

### Bike check

- Tyres look healthy: no obvious cuts, nails, flat spots, or very low pressure.
- Brakes feel firm before moving. Front and rear brake both respond normally.
- Throttle snaps back smoothly and does not stick.
- Chain looks reasonably clean, lubricated, and not obviously too loose or too tight.
- Lights work: low beam, high beam, brake light, indicators, and hazard lights if available.
- Mirrors are clean and adjusted before entering traffic.
- No visible leaks under the bike or near the forks, brakes, engine, or coolant area.

### Personal readiness

- I am not rushing. I have enough time to ride calmly.
- I am not riding angry, exhausted, distracted, or emotionally overloaded.
- Phone is secure and navigation or audio is set before moving.
- I know my first 5 minutes of the route, especially the first busy junction.

#### Amsterdam / city reminder

Expect cyclists, pedestrians, delivery riders, tram tracks, wet cobblestones, tight gaps, and sudden stops.  
Ride like nobody has seen you yet.

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## Gear and visibility check

Gear protects you, but it also keeps you warm, dry, visible, and focused.

### Protective gear

- Helmet is fastened correctly. Visor is clean enough for low sun, rain, or night reflections.
- Jacket and trousers are fully closed. Armour sits where it should.
- Gloves are on before moving. They allow good brake, clutch, and indicator control.
- Boots cover the ankle and have enough grip for wet ground.
- Ear protection is in for longer or faster rides. Less noise means less fatigue.

### Visibility

- Reflective or bright detail is visible from front, side, and rear.
- Rain layer or backpack does not cover reflective parts or tail light.
- Helmet or visor is not fogging before entering traffic.
- At night or in rain, I assume drivers see me later than I expect.

#### Comfort

Cold hands, foggy visor, and wet clothes create distraction. Fix comfort before it becomes a safety problem.

#### Storage

Nothing loose in pockets. No dangling straps. No phone, keys, or camera gear that can fall or distract you.

#### Camera gear

If recording, set mounts and audio before riding. Do not troubleshoot content while moving.

04

## City riding checklist

City riding is about observation, patience, positioning, and calm decisions.

### Before moving into traffic

- I choose a lane position that gives me vision and escape space, not just the shortest line.
- I keep enough distance to see around the vehicle ahead.
- I avoid sitting in blind spots, especially beside vans, buses, trucks, and taxis.
- I cover the brakes near junctions, crossings, parked cars, and bicycle lanes.
- I avoid aggressive filtering when the gap is changing or drivers look uncertain.

### Amsterdam-specific awareness

- Tram tracks are crossed as close to 90 degrees as practical, especially when wet.
- Painted lines, metal covers, and cobblestones are treated as low-grip surfaces in rain.
- Cyclists may move without shoulder checks. I leave extra space near bike lanes.
- Tourists and pedestrians may step out while looking at phones, maps, or canals.
- I do not race the traffic light. A smooth stop beats a rushed entry.

### One focus for this ride

Pick one skill before you leave: smoother throttle, calmer braking, wider observation, better lane position, or more patient gaps.

05

## Rain, low-light, and cold-weather riding

More margin. Smoother inputs. Better visibility.

Rain does not have to ruin the ride. It just asks for calmer controls, more space, and respect for low-grip surfaces.

### Rain check

- Tyres are warm enough and tread looks suitable for wet roads.
- I increase following distance before I need it.
- Throttle, brake, and steering inputs are gentle and progressive.
- I avoid sudden lean, braking, or acceleration on shiny surfaces.
- I watch for diesel, leaves, road paint, tram tracks, metal plates, and puddles hiding potholes.

### Low-light check

- Visor is clean inside and outside. No heavy smears that scatter light.
- I slow down where visibility is reduced, even if I know the road.
- I avoid staring into headlights. I look where I want to go.
- I create more space because others may judge my speed and distance badly.

### Cold check

- Hands and feet are warm enough to control the bike properly.
- I treat the first 10 minutes gently: cold tyres, cold brakes, cold rider.
- I stop earlier if I start shaking, losing focus, or getting stiff.

06

# Rider mindset and smooth-riding prompts

The best safety upgrade is the quality of your attention.

## Before the ride

- What is my energy level today: high, normal, low, or distracted?
- What is the biggest risk on this route: traffic, weather, road surface, fatigue, or ego?
- What will I do if the ride starts feeling messy: slow down, breathe, create space, or stop?

## During the ride

- Eyes up. Look further ahead than feels natural.
- Breathe out before tight sections, busy junctions, and slow-speed manoeuvres.
- Stay smooth: one clear input at a time.
- When uncertain, do not force the gap. Wait, reposition, and go when it is clean.
- Let impatient drivers pass. Your ego does not need to win traffic.

### 1. Breathe

After a near miss or mistake, stabilize your attention first.

### 2. Name it

Was it observation, speed, position, surface, timing, or emotion?

### 3. Learn

Choose one adjustment for the rest of the ride.

07

## Post-ride reflection and ride log

Two minutes after the ride can teach more than another hour of scrolling tips.

This is where real progress compounds. Keep it simple. One win, one lesson, one adjustment.

One thing I did well today:

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One moment where I felt rushed, tense, or uncertain:

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One thing I will practise next ride:

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Any gear, maintenance, route, weather, or visibility issue to fix:

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Notes:

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### Simple ride log

Date	Route	Weather	Main skill focus	Lesson learned

#### Future-self rule

A good rider does not need every ride to be exciting. A good rider keeps coming home with more skill, more calm, and more respect for the road.

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## Emergency mini-card

Fill this in before you need it. Keep it in your jacket, wallet, tank bag, or phone case.

### Emergency details

Emergency contact:

Phone:

Blood type / medical notes:

Allergies:

Insurance / roadside assistance:

Bike plate:

Bike model:

### If something happens

- Move yourself out of danger first if you can do so safely.
- Call emergency services if anyone may be injured or traffic is blocked.
- Do not remove another rider's helmet unless trained and necessary for airway safety.
- Take photos only when safe. Prioritize people over the bike.
- Write down location, time, road conditions, witnesses, and vehicle details.

#### Important note

This checklist is a practical riding aid, not a replacement for professional training, local law, motorcycle maintenance guidance, or your own judgement.

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