

Personal Safety

This is an issue which affects everyone, but more of a concern for lone lady bikers. As riders and pillioners, we are more vulnerable on the road than those driving vehicles, but with the correct skills and clothing, you are taking responsibility for yourself in the best way possible.

However, being a lone woman on a bike has additional worries, so here are a few tips to ensure you enjoy your riding.

1. Ensure your bike is roadworthy, you have plenty of fuel and you have breakdown cover.
2. Carry your mobile phone and a back-up charger.
3. Tell someone where you are going and what time you're likely to be home.
4. Be aware of your surroundings – there are certain roads or areas where you wouldn't walk alone at night, so avoid them on your bike.
5. Avoid confrontation with other road users.
6. If you're anxious, ride with others.
7. If someone attempts to take your bike, give it up – your bike is replaceable, you are precious.

Confidence on a bike

Some women struggle with a lack of confidence when riding solo or with a group. We hope to plan workshops in the future to address this issue, but in the meantime, consider finding a riding mate or group to go out with.

First Aid

Staffordshire Safer Roads Partnership (SSRP) introduced First Aid for Bikers Course (FAB) a few years ago, supported by Train Aid Inc. who deliver in-workplace first aid training and community first aid skill tuition. Judy Richter is a member of the Staffs Biker Lady Bikers Forum, a biker of many years' experience and a First Aider, with an excellent understanding around dealing with a biker accident, including site management, who delivers the course in a biker-specific way. Judy can be contacted via Facebook at the 'First Aid for Bikers' page.