# RIDING CROSS COUNTRY


## Ride with your knees bent a little and your arms in relaxed position. Don't ride too rigidly. Look well ahead for obstacles. BEING OBSERVANT IS THE KEY !

riding up hill :

Look at the hill and find a good route. Ride up the hill fairly quickly in 1st gear. Stand up and lean forward.

## riding downhill :

Find a good route. Ride down slowly. Stand up and lean back.

RIDERS MEMO

## riding through rocks :

Find a good route. Ride slowly in low gear. Don't catch footrests or levers on the rocks. Approach rock edges squarely.

## riding through water :

RIDING ON THE ROAD

IN GENERAL:

* Respect speed limits as in Action Against Hunger vehicle policy
* Maintain your bike
* Wear helmet, strong shoes and denim clothes

\* Think ahead, don't drive too close to vehicle in front, don't do anything suddenly, watch the sides of the road, the other vehicles, the road surface

and ADAPT YOUR SPEED !

Check 1st the depth of the water. Stand up. Enter water slowly. Slip the clutch to keep revs high.  Ride confidently near the middle of your side of the road: don't go too near the side Once out, use brakes to dry them out. or the middle unless overtaking or turning.

riding through mud :  Be defensive. Look round often and beware of the other road users

Stand up and ride as quickly as possible through deep mud. If you have to, get off and walk beside the bike  Looking behind often and especially when moving off, approaching junctions or crossroads, overtaking, while driving it. In shallow mud, ride slowly and use little throttle. Turn towards any skid. coming to a stop and turning on another road

riding through sand :  Overtaking : be observant and defensive. Do not overtake if you can't see if there is anything coming

Check the depth of sand. Stand up and ride quickly. Lean back to keep front wheel light. Try not to slow towards you, if you are close to a junction or crossroad, if you are approaching a hill or a bend. down. Get off and drive and push if necessary. Don't get too close. Look behind, signal you are moving out, look behind again. Move out cautiously.

Accelerate past, move back in, not too suddenly.

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Weekly check; same than the daily one plus :

Pre-riding inspection: To be done daily

## Brake pads and linings

* Battery acid level
* Check for leaks  Make sure battery is firmly fixed
* Engine oil level  Fuel and air filters
* Fuel level  Oil cables, levers and chain (used oil)
* Front and rear brakes : check operation and the brake shoes for wear  Grease twist grip, rear brake pedal and front and rear linkage
* Tires : check pressure, tread wear and tire condition
* Chain: slack 20 to 30mm, damaged rollers, loose pins, wear…

TURNING ON TO ANOTHER ROAD

* Throttle: check for smooth opening and full closing in all on your side: look behind. Signal. Look behind again. Slow down. Make sure nothing is turning into the

steering positions proper cable routing and throttle lever free play opening. Look behind. Turn into opening at slow speed. Look behind. Accelerate up to traffic speed.

* Clutch: check operation, allow for some slack on the other side: look behind, signal, look behind. Move out almost to the middle. Slow down. Look
* Lights, signals and horn behind. Make sure nothing is turning into the opening. Stop and wait if you have to. Get into position about
* Engine stop switch opposite the middle of the opening. Look behind. Move off when the road is clear. Turn into the opening and
* Side stand: check operation and the rubber pad for wear accelerate up to traffic speed.

## Spark plug and high tension terminal: check for looseness

* Nuts, bolts and fasteners: make sure the front axle nut & bracket are firmly emergency stop: use both brakes. Use the front one very slightly ahead of the back brake. Squeeze the

tightened. Check all nuts, bolts and fasteners for looseness. brake lever hard but gradually. Press the back brake pedal quickly but gradually.

*(check to be mentioned in the logbook)* coming to a halt : look behind. Signal. Slow down. Make sure nothing else is heading for the same spot as you. Draw to a halt. Take bike out of gear. Turn off the engine.

## report any problem to your log

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