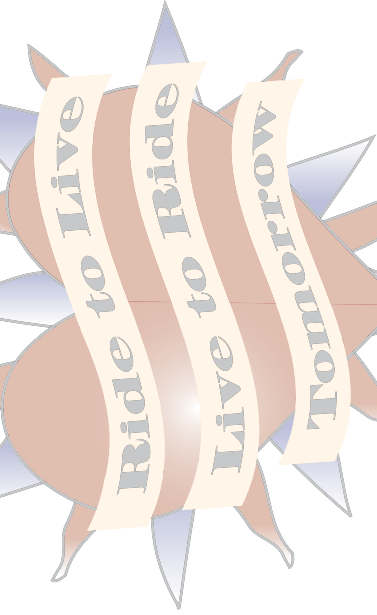


# IT'S A FACT: ALCOHOL AFFECTS YOUR RIDING SKILLS

- Riding a motorcycle takes coordination, balance, and good judgment.
- Alcohol, more than any other single factor, can rob you of your ability to think clearly and ride safely.
- Alcohol begins working on your brain with the first drink. Even if you're not legally impaired, you've already lost critical skills and judgment needed to ride safely.



## WHY TAKE THE RISK?

- We've all heard about the "dangers" of motorcycling, from family members and well-meaning friends. And it's true that riding a motorcycle does involve a degree of risk. But mixing alcohol and motorcycling is a risk we don't have to take.
- Unfortunately, too many riders still choose to drink and ride. Statistics show that 58 percent of fatally injured motorcycle operators had a blood alcohol concentration (BAC) of .08% or greater

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## ALCOHOL WORKS FAST

- Alcohol is absorbed rapidly into the blood stream. It only takes a few minutes for one drink to circulate throughout the body and affect the brain.
- Many factors can influence how alcohol affects you. Drinking on an empty stomach, or drinking when you're tired, tense, or on certain medications can accelerate alcohol's effects.
- How fast you drink, and the amount of alcohol in each drink, can affect alcohol's impact. A 12-ounce beer has the same alcoholic content as a shot of whiskey or a 5-ounce glass of wine.
- Straight whiskey reaches the bloodstream faster than drinks diluted by water, but diluting alcoholic beverages does not lessen intoxication.
- Sweet or carbonated mixers may actually accelerate the absorption of alcohol into the blood.

## PAY ATTENTION – TO YOURSELF & OTHERS

- Make the decision not to drink and ride BEFORE you've had your first drink.
- If you do choose to drink, pace yourself – drink slower. Your body can process about one drink an hour.
- Know how much you're drinking and how much alcohol is in each drink. Food can help slow the rate that alcohol is absorbed by your body.
- Keep an eye on your friends, too. If they've had too much to drink, do what you can to prevent them from getting back on their motorcycle.
- Your judgment is impaired even after one drink. Once you start, your ability to say "NO," or "NO MORE," is weaker.

## WHAT CAN YOU DO?

- The safest and most responsible choice is DON'T DRINK AND RIDE.
- Stay in control – know how much you're drinking.
- There are no shortcuts for sobering up after consuming alcohol. None of the "remedies" you've heard about, including hot coffee, cold showers, physical exercise, or fresh air, will make you sober. All you can do is wait for the effects of alcohol to wear off, and that takes time – many hours, depending on the amount of alcohol consumed.
- Leave the motorcycle at home if you plan to consume alcohol. Arrange to get a ride from a designated driver BEFORE you leave the house.
- If you notice that a friend may be impaired and shouldn't ride, arrange a safe ride for them.
- If you need help, don't be afraid to get other friends involved to get you home safely.

## THE SAFEST & MOST RESPONSIBLE CHOICE IS

# DON'T DRINK

# & RIDE.

