

Using see-**think**-do¹

Strategies for SaferRiders

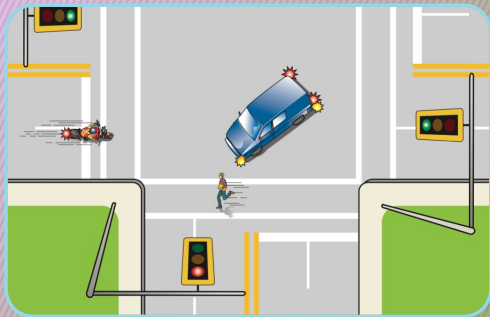
¹Based on the approach of the Insurance Corporation of British Columbia (ICBC), Canada. This infographic is adapted from training manual, Learn to Ride Smart (2011) Available at: This poster was prepared in partnership between ICBC and Horizon 2020 project SAFE-UP



RISK MANAGEMENT

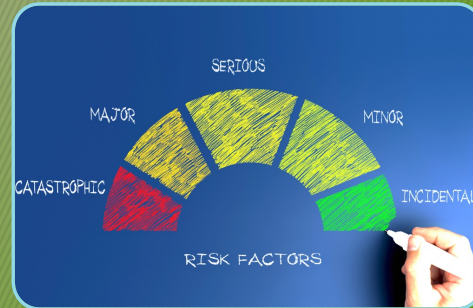
To ride smart, follow this two-step thinking process:

1. Assess the **risk**
2. Choose the best **solution**



What are the hazards?

- poor traction or visibility conditions
- possible space conflicts
- uncertainty about other road users' intentions
- possibility of needing to execute an emergency manoeuvre



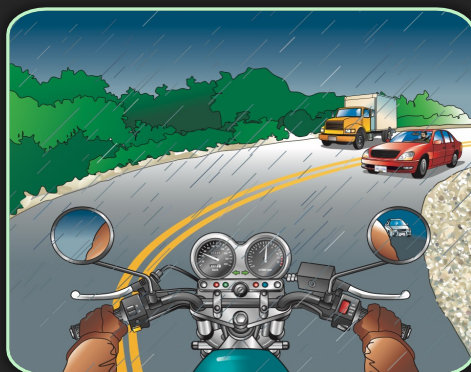
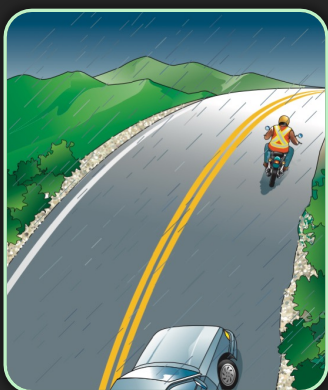
If you are in a situation with more than one hazard, what do you do?

Which hazard is the most dangerous?

Which one requires action right away?

1. Assess the risk

In this scene, there are two moderate risks:



- slippery road - If a hazard appears could you safely stop quickly or swerve around?
- hill blocking view - What's on the other side?

2. Choose the best solution

In this scene, the smart move would be to:

- slow down
- proceed with caution.

If you move to the centre of your lane, you will have more room to move left or right if something appears in your lane.

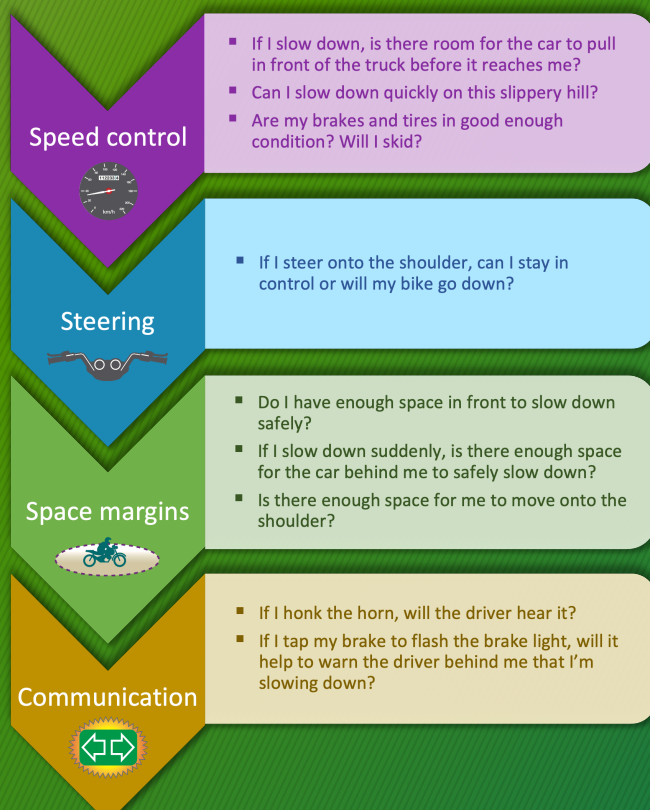
Part 1

You're on a winding rural road and a light rain is falling. You're going up a long, steep hill that blocks your vision of what's ahead. There is a car behind you, but it's keeping its distance.

Part 2

As you reach the crest of the hill, this is what you see: a large truck is in the oncoming lane and, coming toward you in your lane, is a red sports car passing the truck. You look at the right shoulder of the road. It looks pretty soft and sandy — not a good surface to ride on.

Choosing the best riding solutions



Part 3

Every situation is different, requiring observation, analysis and decision. Here's an example of your possible thought process, in response to the riding example above. Practice your hazard perception, risk anticipation and What if? thought process every time you ride.

Using the "what if?" strategy

You will have to respond instantly when you're faced with a sudden **emergency**. You won't have time to go through a point-by-point thinking process. **Prepare** yourself for possible emergencies by using the "What if?" strategy.

As you ride along, look ahead and see what could possibly happen. Ask yourself: **What if ...?** (for example, what if a box fell off that truck? what if that car ahead suddenly stopped?) That way, if something unexpected happens, your mind will be prepared and your body will respond correctly.

Here are some questions you might ask when practising "What if?"

To decide whether to brake, ask:

- Is the road surface good enough? Can I stop without skidding?
- Is there enough space in front to stop?
- Is there enough space behind to stop?

To decide whether to steer around, ask:

- Is there enough space? Will I end up in oncoming traffic?
- Is the road surface good enough? Could I lose traction and go down?

To decide whether to accelerate, ask:

- Do I have enough power to speed up in time?
- Is there a place to go? Is there enough space ahead?

