

No Place To Race – <http://www.mac.sa.gov.au/noplacetorace>

Mick Doohan on the Rider

The following is a transcript of Mick talking about motorcycle rider tips, recorded for the 'No Place to Race' website.

0:00

In this segment we're talking about protective gear. Unfortunately motorcycle riding does have its dangers, and occasionally you could be involved in an accident. Not having the right protective gear on would be like jumping into a fire. If you have the right gear on, generally it'll minimise the amount of injury that you could sustain, and sometimes it'll minimize them to the point that you have no injuries. So I think it goes without saying that you should have the right riding gear on if you're riding a motorcycle.

0:30

Helmet

Helmets, in my view, are the most critical point of rider protection. There's a whole variety of different helmets you can choose, but the key ingredient is to have one that fits correctly. The last thing you want is a loose-fitting helmet, or a helmet that doesn't meet the standards – an Australian-approved motorcycle helmet. Your local dealer will be able to direct you to the right helmet, and the right style for what your day-to-day riding requires. Without doubt, a helmet is the key ingredient for keeping yourself safe on the street.

1:05

Jacket

Motorcycle riding has its dangers. You're 30 times more likely to be injured in a motorcycle accident than you are driving a car. So again, protective clothing really comes into its own. And a leather jacket – there's a difference between a leather jacket and a leather jacket, or a long sleeved shirt and good protective gear. So when choosing a protective garment, whether it be leather or some other material, for your upper body – make sure it's got the key ingredients: It's not going to fall apart as soon as you fall over. The last thing you want is that it looks good, but if you hit the ground all your skin gets ripped open. Price is an important part of the choice but there are a lot of varieties you can choose.

I would make sure if it was myself riding that I had ample back-protection, elbow-protection, and shoulder-protection, and that the material is going to at least last a few seconds if I was to crash.

2:03

Pants

Again, legs are one of the most exposed parts on a motorcycle in any accident. Choosing some good leather protection – that’s what I would personally use – but if you’re going to use one of the other Kevlar jean or some other type of jean, they’re quite good as well – essentially if you’ve just got your normal jeans – when you hit the ground, they’ll just disintegrate. They won’t even actually give you any protection whatsoever. You wouldn’t go out in your underwear – essentially that’s what you’re doing in your jeans.

2:35

Boots

Protecting your feet is a key point in overall safety. I can assure you that without the right boots when I was racing, I wouldn’t be standing here talking to you guys today. We all use our feet to use the brakes and gears, and to actually move the bike from side to side – the last thing you would want is to have a shoelace on a general shoe go into the chain area and get caught in the sprocket, spin around and pull your foot in – chopping your toes off, even your foot. I’ve seen that happen before. So boots come in a lot of different shapes and sizes but I would recommend having a good quality boot which is a good all-round weather condition boot to keep you guys safe and to keep you out of trouble.

3:15

Gloves

You want to have some good gloves. Not all gloves are the same thing. The last thing you want to do is have a nice looking glove which keeps your hand warm but as soon as you put it on the ground it’s gone. You need something with some good stitching, good quality – they do vary in cost, but you can get some good-quality cost-effective gloves on the market. So I would highly recommend choosing something that will save you from injuring your hands. They are one of the most injury-prone parts of the body.