

HOW TO SURVIVE A MOTORCYCLE SPINOUT

1 **Remain on the bike.**

Try to regain control until the last possible moment. Even if you feel the bike begin to slide, the tires may regain traction in an instant, allowing you to recover and ride away. If the spinout is unavoidable, execute a low-side crash, wherein the bike slides out and away from you as you slide in the same direction, but behind the bike.

2 **Apply both brakes.**

As you feel the wheels lose traction, squeeze the brake lever with your right hand to apply the front brake, and press down on the pedal with your right foot to apply the rear brake. With both brakes locked, the bike will keep sliding out, eliminating the possibility of the wheels regaining traction and throwing you over the high side.

3 **Slide.**

Stay on your back as you slide, with your helmet slightly raised so you can see any approaching obstructions. Keep arms and legs slightly spread to distribute your body weight evenly and to reduce the possibility of a head-over-heels tumble.

4 **Once you have come to a stop, stay still.**

Do not try to stand up until your slide has stopped completely. You will pitch forward if you try to get up before your slide has completely stopped.

5 **Get up slowly.**

Check for injuries. If you were wearing full leathers, pads, gloves, and a helmet, you should be relatively uninjured.

6 **Check the bike.**

There is little chance of an explosion after a spinout, so it is safe to approach your motorcycle and look for damage.

Be Aware

- A high-side crash, in which the bike begins to slide in one direction, suddenly regains traction, and throws you across it in the opposite direction, is much more dangerous than a low-side crash and slide.
- Very few motorcycles have antilock brakes, so applying full braking is an effective way to lock the wheels and continue a low-side spinout.
- Motorcycles are highly sensitive to steering and brake application, and are not very forgiving. To avoid spinouts, always apply fast, smooth, gentle pressure and avoid jerky movements.