

**INTERVENTIONS TO REDUCE ROAD TRAUMA IN REGIONAL NSW CAUSED
BY SPEEDING, FATIGUE, DRINK AND DRUG DRIVING**

Organisation: Survive The Ride Association of NSW

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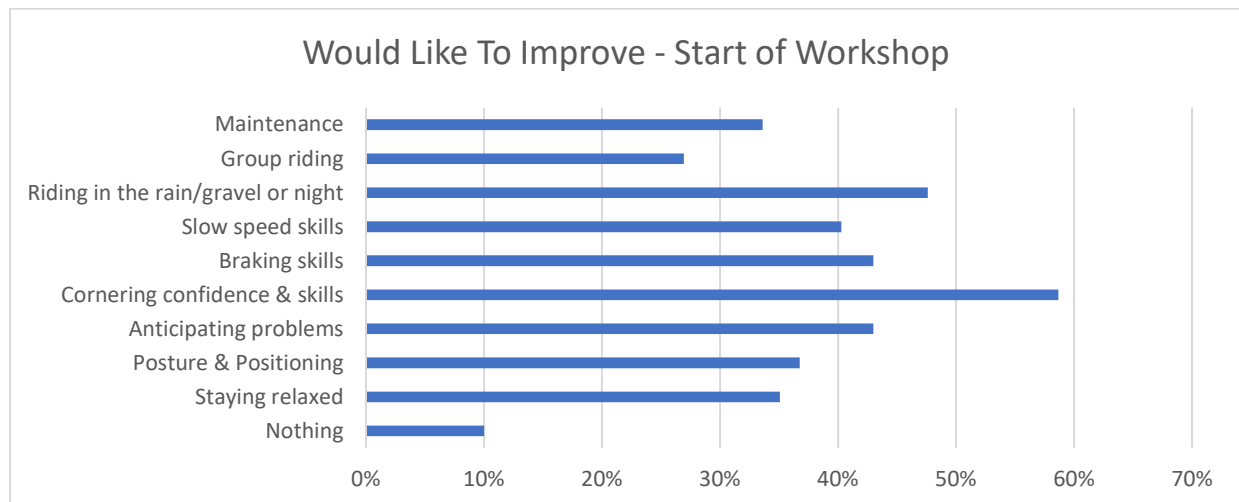
Survive The Ride Association of NSW – Workshop Survey Results July 2025

What do riders want to improve?

Since September 2023 we have surveyed 479 riders who attended our *Survive The Ride* workshop. These riders were from Tweed Heads in the north, to Merimbula in the south and inland to Cobar.

Our *Survive The Ride* workshop focuses on the decision making side of riding. These are the “head skills” which is quite different to the “machine control skills” provided by on-bike training providers.

At the start of each workshop we ask riders what they would like to improve. Many riders listed a few issues they wanted to discuss. This graph shows the percentage of participants who felt the need to improve skills:



Cornering confidence and cornering skills is the main issue they raised. This is interesting as crash records show corners are one of the two main locations where riders have a crash.

Riding in gravel/rain or at night is popular due to the increase in the number of people undertaking “adventure” type riding, and the number of people who commute at night.

Braking has a big influence on riding as crash records show riders do not have sufficient following distance in traffic and they have nose to tail crashes just like car drivers.

Anticipating problems suggests they are having a few unexpected frights.

Staying relaxed is a big concern for many riders as they often talk about how they tense up in corners and in traffic.

Prior to September 2023, our workshop focused on providing tips and feedback to riding issues. The workshop format was changed in September 2023 to provide riders with a chance to analyse a couple of their own issues using real crashes as worked examples. They learned how “*the chain of events*” concept takes what appear to be unconnected decisions, when linked together, relate the issues they are experiencing.

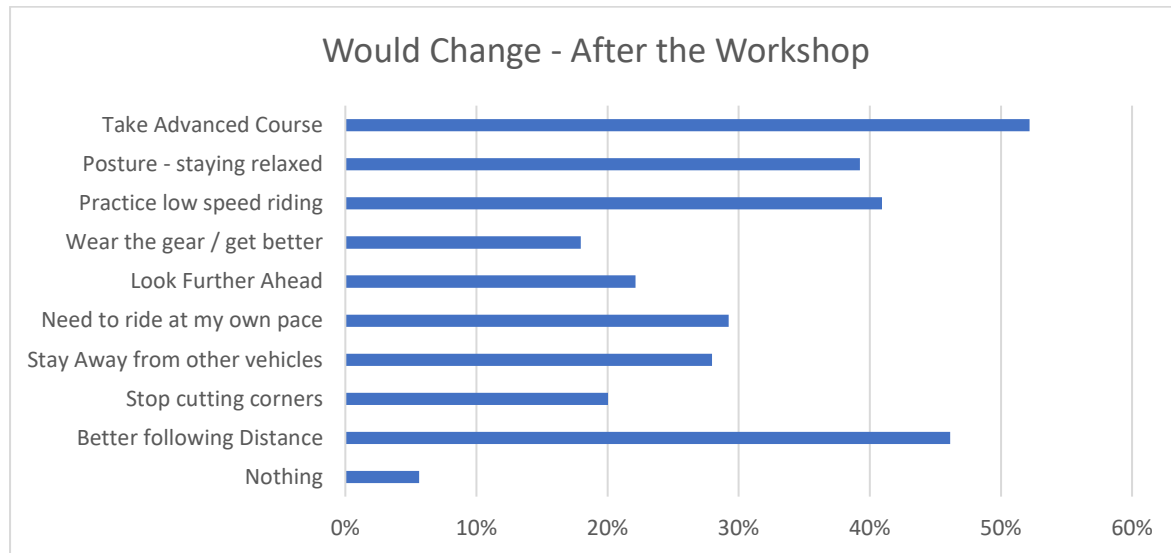
We discuss in detail how riders can improve their detection of problems using the same awareness skills taught to Police and Ambulance.

We discuss how human beings process information and the effect of speed in various situations. We talk about how small changes such as where the rider positions their bike on the road, and, small changes to when they roll off the throttle and start to brake will have a major influence on reducing their frights and gaining more enjoyment from each ride.

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Its interesting to see that a few very experienced riders and current riding instructors attended the workshop just to see if there is anything new in what people are concerned about. For example, one old rider stated they realized they had become lazy and complacent when riding. They vowed to pay more attention to their riding habits in order to gain more enjoyment from each ride.

After the discussions, at the end of the workshop, riders indicated what they thought they needed to change in terms of their decision-making skills and machine operation skills



The two main changes that riders recognized are:

- *Taking Advanced course* to build their machine operation skills (braking, obstacle avoidance, etc) so they can get out of trouble when they run out of space.
- *Better following distance* to other vehicles, including other bikes in their group, so they will have more time to see what's up ahead and then respond to any issues using their improved machine skills.
- They also recognise that improving their *Posture, Staying relaxed* and *Practicing low speed skills* are important to their ability to control their machine.

The purpose of our workshop, since 2007, has been to help riders enjoy the ride. Our experience with riders in general led us to identify several key decisions needed to both avoid a crash and enjoy each ride. These key decisions revolved around staying relaxed, when to accelerate or brake and positioning on the road.

In July 2023 we redesigned our workshop to focus on the practical application of these key decisions, particularly in traffic, at intersections and on corners.

Conclusion

We know that riders want to improve how they ride because they want more enjoyment from each ride. The survey results show that a lot of riders know they need to constantly improve both their machine handling skills and their decision-making skills on the road

Riders are already very good at managing issues on the road and they are keen to improve their skills to better manage the situations that lead to the most common crashes.

*Workshops in rural NSW were made possible due to a grant from Transport for NSW.