

SAFETY CORNER

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Night Riding

With the time change coming up, it's important to be aware of night riding.

Riding at night can be fun but also sets up another safety issue. It's important to see and be seen. When transitioning from a bright environment to a dim or dark one takes approximately 30 minutes to completely adjust to the low conditions.

A couple of things happen as result of this transition. Visual acuity is diminished and depth perception is affected. The natural blind spots in your eye also becomes more prominent. A constant moving scan ahead is important in order to see the whole picture.

You may of heard the term "Overdriving your headlights". What this means is that essentially, you are driving at a speed that will require more distance to react or stop than the distance it will take for you to perceive the threat, react and stop, or avoid. All those bright lights are cool but they also can cause a glare that will momentarily blind you.

Blindness even for a second can cause an error that could result in an accident. Lightly colored clothes and reflective gear can also be a life saver at night. Some jackets have reflective material built into them which can be very helpful at night. Also be aware of animals at night that could appear suddenly from any direction.

The only thing you can do is slow down and be aware of your surroundings, anticipating animals moving into your path.

The lights and reflectors on your bike can help you be seen by other motorists. After market lighting such as fog lights or LED lights can increase span of vision and visibility to other motorists. Riding at night is not for everyone, and some people avoid it at all costs. Riding at night can be safe and enjoyable if you follow some of the tips above.

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