



**Maryland Motor
Vehicle Administration**
6601 Ritchie Highway, N.E.
Glen Burnie, Maryland 21062

1-800-950-1MVA (1682)
CUSTOMER SERVICE CENTER

1-800-492-4575
TTY

www.MVA.Maryland.gov
WEB SITE

Dear Motorcycle Safety Course Participant:

You are officially registered in a Motor Vehicle Administration (MVA) approved rider education course. You may have also received copies of our Motorcycle Rider Course Release (MS-075), Disclaimer (MS-011) and Motorcycle Safety Foundation Waiver (MS-200) forms. Please read and complete these forms and bring them with you to the first class session. If you are under 18 you must have a parent or adult guardian sign our Release and the MSF Waiver. If you did not receive these forms you will get them at the first class session.

If you are registered in the Basic Rider Course (BRC), or the Returning Rider Course (RRC) you were also given, or told how to obtain, a copy of the Rider Handbook used in the course. You are to read it and answer the Study Questions found on pages 51 through 54 prior to class. Highlight the answers to the questions in the handbook. These questions will form the basis for the classroom discussions and give you insight to the riding skills you will practice during the range sessions. Bring the handbook with you to class. Completing this assignment is a completion requirement of the course. If you lose the handbook there is a fee to have it replaced.

If you are registered for the Alternate Basic Rider Course (ABRC) or the Basic Rider Course 2 (BRC2) you can view the handbook used in those courses by logging on to the Motorcycle Safety Foundation's (MSF) website at www.msf-usa.org. On the menu bar click on "Library/Safety Tips", then on the "Library" page scroll down to "Curriculum Materials" and select "BRC2 Rider Classroom Cards".

You must have the proper gear to participate in the range (riding) sessions. For the BRC please bring your riding gear to the first class session. Although you will not be riding, riding gear will be discussed and your Instructors will have the opportunity to evaluate your gear. For the ABRC and the BRC2 you must come prepared to ride. Proper riding gear includes a DOT certified helmet, eye protection (prescription or non-prescription eyewear is acceptable), a sturdy jacket, or heavy long-sleeved shirt, long pants made of a sturdy material, full-fingered gloves and over-the-ankle shoes, or boots with low heels and non-slip soles. A participant's gear must be in good condition with no obvious signs of wear, or damage. We have a limited supply of helmets, eye protection and gloves for use by our participants. The course Instructors will have the final say regarding the suitability of a participant's personal riding gear.

In the BRC, ABRC and RRC a training motorcycle is provided. Participants in the ABRC may use their own bike if it is properly registered, tagged and transported to the range legally. Participants in the BRC2 are expected to use their own motorcycle.

MS-090 (01/11)

Martin O'Malley - Governor
Beverley K. Swaim-Staley - Secretary

Anthony G. Brown - Lt. Governor
John T. Kuo - Administrator

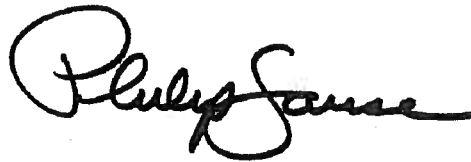
DA-092 (09-09)

If you are not licensed to operate a motorcycle, or improperly licensed do not ride your motorcycle to class. If you have a Class M learners permit your accompanying rider must present him or herself to the course Instructor(s). Violators are subject to dismissal from class, or will not receive their course completion documents. If necessary, law enforcement will be notified.

Your class will start promptly at the time indicated on your schedule. It is your responsibility to be in class on time. If you are late you will not be admitted.

The MVA and its providers offer no guarantee that you will pass the course, or obtain a motorcycle license. We wish you success and thank you for making this commitment to becoming a responsible motorcyclist.

Sincerely,

A handwritten signature in black ink that reads "Philip Sause". The signature is written in a cursive style with a large, looped initial "P".

Philip Sause
Manager, Motorcycle Safety Program



Motorcycle Rider Course Release

In consideration of the permission granted to me to participate in the Motor Vehicle Administration's motorcycle rider education course by the State of Maryland, the Department of Transportation, and the Motor Vehicle Administration, I, _____

have been fully informed concerning, and hereby assume the risk of injury inherent in any such motorcycle rider education course. Further the undersigned, myself, my heirs, personal representatives, executors, administrators, successors and assigns, do hereby forever release, discharge, and hold harmless to the fullest extent of Maryland Law, the State of Maryland, the Maryland Department of Transportation, the Motor Vehicle Administration, the training center, those government agencies and other organizations affiliated with the Motor Vehicle Administration's motorcycle rider education effort, along with their respective successors and assigns, servants, employees, agents, officers and representatives, from all liability, claims, demands, suits, actions, and causes of action of any sort, for all past, present, and future injuries, loss, or damage sustained by my person and/or property arising out of, or relating to my participation in the Motor Vehicle Administration's motorcycle rider education course due to the negligence or any other fault of the aforementioned parties.

I have read and understood the foregoing release and do hereby agree to abide by its terms and conditions as a free act and deed for the consideration therein expressed.

In witness whereof, I have caused this release to be executed.

↑ Grantor of Release (student)	Date
--------------------------------	------

Full Name (print)

Telephone Number (Day)	(Evening)
------------------------	-----------

Witness	Date
---------	------

Motorcycle Rider Course Disclaimer

This motorcycle rider course is a program provided by the Maryland Motor Vehicle Administration (MVA). All the equipment used during the course is owned by either the MVA or one of our partners. Course participants are required to exercise reasonable care when using the equipment and to return all borrowed equipment.

There are no refunds for the course registration fee once you have started the course. The MVA and its partners are not obligated to reschedule you into another course after you drop out or are counseled out of your original course. You may not transfer your course registration to another course or individual. The only way to guarantee placement in another course is to re-register and pay the course fee.

You must report on-time to each session. **The instructors will not allow you to participate any further in the course if you miss or are late to a session.**

Not everyone should or can operate a motorcycle. The instructors will monitor your progress throughout the course. If you are having difficulty in achieving the minimum performance criteria, your instructors will ask you to leave the course. If you feel that you cannot complete an exercise in the course, you may elect to leave the course by telling your instructors. If you have any health problems that could interfere with your full participation in the course, you must notify the instructors.

You and your classmates will be operating a motorcycle during the course. **You must be willing to accept the risk involved in operating a motorcycle in the course.** You could be injured or incur others in this course. You must be prepared to cover the cost of any medical treatment or property damage that you injure or cause during the course. The aim of this course is to expose you to responsible viewpoints on ways to ride a motorcycle. The instructors are there to assist in your learning process. **The MVA cannot and will not assume responsibility for the safe operation of your motorcycle. It is your responsibility to act and operate a motorcycle in a proper and prudent manner.**

Course participants are required to cooperate with the MVA, law enforcement officers, state agencies and insurance companies in the investigation of any loss or injury that occurs while they are enrolled in the course.

Students who pass the knowledge test with 84% or better and have no more than 15 penalty points on the range skill test will receive a Maryland Completion Card. Students who pass the knowledge test with 84% or better and score no more than 15 penalty points on the range skill test along with no more than 9 penalty points on any single exercise will receive a MVA Completion Certificate. This certificate may be taken to any MVA full service branch office where the holder will be vision tested. They will be charged the administrative fee and issued a Class M endorsement. Maryland residents who do not possess a valid Maryland Driver's License must comply with the Maryland Graduated Driver's License regulations before they are issued a Class M endorsement. **Out of state residents may find that this certificate will not be accepted by their home state for licensing purposes.**

Students failing the course knowledge or skills test or who do not meet the minimum standards for obtaining a Class M endorsement may be scheduled **one time** to retake the appropriate test. **All retests shall be completed within 30 working days of the course completion date.**

You are responsible for being prepared for the course by studying the course materials and dressing appropriately. If you have any questions about the course, contact the training center manager, the course instructors or the Motorcycle Safety Program Office.

Student's Name (please print) _____
First Middle Last

Student Signature _____ Date _____

MOTORCYCLE SAFETY COURSE WAIVER & INDEMNIFICATION

rev. 08/08

Participation in this course requires physical stamina, motor coordination, and mental alertness. The undersigned hereby attests that he/she has no known physical or mental limitations and has not used any form of alcohol, prescription or non-prescription drugs that could impair his/her performance in this course. Participants under 18 years of age must have this form signed by a parent or guardian.

I. READ CAREFULLY: THIS SECTION IS A LEGAL RELEASE, ASSUMPTION OF RISK, WAIVER AND COVENANT NOT TO SUE AGREEMENT

In consideration of the Maryland Motor Vehicle Administration, the Motorcycle Safety Academy, LLC, the Motorcycle Safety Foundation, the owner of the training motorcycle, and the owner of the land upon which training occurs, including their members, employees, officers and/or agents (the "Safety Course Providers"), furnishing services, equipment, and/or curriculum to enable me to participate in the Motorcycle Safety Course, **I agree as follows:**

I fully understand and acknowledge that: (a) there are **DANGERS AND RISK OF INJURY, DAMAGE, OR DEATH** that exist in my use of motorcycles and motorcycle equipment and my participation in the Motorcycle Safety Course activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to, **BODILY INJURY, DISEASE, STRAINS, FRACTURES, PARTIAL OR TOTAL PARALYSIS, OTHER AILMENTS THAT COULD CAUSE SERIOUS DISABILITY, OR DEATH**; (c) these risks and dangers may be caused by the negligence of the Safety Course Providers; the negligence of others, including other Safety Course participants; and may arise from foreseeable or unforeseeable causes; and (d) by participating in these activities and/or using the equipment, **I, on behalf of myself, my personal representatives and my heirs, hereby assume all risks and all responsibility, and agree to release the Safety Course Providers for any injuries, losses and/or damages**, including those caused solely or in part by the negligence of the Safety Course Providers, or any other person. If I have brought a motorcycle to use in the Safety Course, I also agree that this release applies to any damage that occurs to it during the Safety Course.

I agree and understand that, on behalf of myself, my personal representatives and my heirs, I am relinquishing any and all rights I now have or may have in the future to sue the Safety Course Providers for any and all injury, damage, or death I may suffer arising from motorcycle riding or its equipment, including claims based on the Safety Course Providers' negligence.

I HAVE READ THIS RELEASE AGREEMENT AND BY SIGNING BELOW I AGREE IT IS MY INTENTION TO ASSUME ALL RISKS AND RELEASE THE ABOVE-NAMED SAFETY COURSE PROVIDERS FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE. I have had the opportunity to ask any questions about the above waiver and release and I understand its terms and meaning.

(Participant Name – Please Print)

(Participant Signature)

(Date)

(Signature of parent or legal guardian if less than 18 years old)

(Relationship)

II. READ CAREFULLY: THIS SECTION IS AN INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of the Maryland Motor Vehicle Administration, the Motorcycle Safety Academy, LLC, the Motorcycle Safety Foundation, the owner of the training motorcycle, and the owner of the land upon which training occurs, including their members, employees, officers and/or agents (the "Safety Course Providers"), furnishing services, equipment, and/or curriculum to enable me to participate in the Motorcycle Safety Course, **I agree as follows:**

I, on behalf of myself, my personal representatives and my heirs, agree to hold harmless, defend, and indemnify the Safety Course Providers from any and all claims, suits, or causes of action by others for bodily injury, property damage, or other damages which may arise out of my use of motorcycles and motorcycle equipment or my participation in the Motorcycle Safety Course activities, including claims arising from the Safety Course Providers' or any other party's negligence.

I HAVE READ THIS INDEMNIFICATION AND HOLD HARMLESS AGREEMENT AND BY SIGNING I AGREE IT IS MY INTENTION TO ACCEPT LEGAL RESPONSIBILITY AND PAY FOR ANY LOSS FOR CLAIMS OR LAWSUITS AGAINST THE ABOVE-NAMED SAFETY COURSE PROVIDERS ARISING FROM MY PARTICIPATION IN THE MOTORCYCLE SAFETY COURSE. I have had the opportunity to ask any questions about the indemnification and hold harmless section and I understand its terms and meaning.

(Participant Name – Please Print)

(Participant Signature)

(Date)

(Signature of parent or legal guardian if less than 18 years old)

(Relationship)



WAIVER AND RELEASE OF LIABILITY

READ CAREFULLY

In consideration of the Motorcycle Safety Academy, LLC (MSA); furnishing services and / or equipment to enable me to participate in the Motorcycle Rider Education Class, I agree as follows:

I fully understand and acknowledge that: (a) risks and dangers exist in my use of motorcycles and motorcycle equipment and my participation in the Motorcycle Rider Education Class activities; (b) my participation in such activities and / or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and / or total paralysis, death or other ailments that could cause serious disability; (c) these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of MSA; the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature, or other causes. These risks and dangers may arise from foreseeable or unforeseeable causes; and (d) by my participation in these activities and / or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and / or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of MSA; or by any other person.

Initial: _____

I, on behalf of myself, my personal representatives and my heirs hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify MSA; and its owners, agents, officers and employees from any and all claims, suits or causes of action for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of motorcycles and motorcycle equipment or my participation in the Motorcycle Rider Education Class activities. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by MSA; and its owners, agents, officers or employees.

Initial: _____

I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE THE MOTORCYCLE SAFETY ACADEMY FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSES BY NEGLIGENCE OR ANY OTHER CAUSE.

Student's Name: (please print) _____

DOB: _____

Student's Signature: _____

Date: _____

Signature of Parent or Guardian _____
(If less than 18 years old)

Date: _____



PHOTO / VIDEO / AUDIO WAIVER RELEASE FORM

Authorization: I hereby authorize the Motorcycle Safety Academy, LLC (MSA) the right to take photographs, video clips, and / or audio clips, etc. of me in any form whatsoever (the "Photographic Services") and have these items digitized, reproduced, published, transmitted, disseminated and displayed in any form or manner, including without limitation, by the officers, directors, owners, agents, employees and representatives of MSA for electronic distribution over the Internet, web sites, newsletters, emails, brochures, flyers, books, displays, publications and newspapers as well as any other publications or advertising media produced for the aforesaid school and / or sponsors of the training programs.

Waiver: I hereby waive, acquit and forever release the MSA, MVA and MSF, its officers, directors, owners, agents, employees and representatives from any responsibility or liability concerning any Photographic Services, photograph, distribution or display of any photographs, video clips, and / or audio clips, etc in any form or manner. I waive the right to inspect or approve the finished version(s) of such images including written copies that may be created in connection therewith.

Consent is also granted for any use of my name in any part of those publications listed above.

I have read this document and am fully aware of the consent and implications, legal, and otherwise.

Participant Name (Please Print)

Signature

Address

Date (Month) (Day) (Year)

City, State and Zip

Email

This is to certify that I, as parent / guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases.

Name of Parents or Guardian if Under Age 18

Signature

Date (Month) (Day) (Year)



Rider Course Enrollment Information Form (CSS)

Please print legibly

Training Center Information

Training Center Location _____

Course Type: (Circle one): BRC ABRC BRC2 RRC ARC Other _____

Course Date(s): _____ Course ID#: _____

Participant Information

First Name: _____ Middle Name: _____

Last Name: _____ Suffix (Sr., Jr., etc.): _____

Date of Birth (mm/dd/yyyy): _____ Gender (Circle one): Male/Female

Address: _____ City: _____

State: _____ Zip code: _____ - _____

Email address: _____

Primary Phone Number: _____ - _____ - _____ Alt. Phone Number: _____ - _____ - _____

Driver's License Number: _____ State/Province: _____

Prior Motorcycle Riding Experience: _____ (years) or _____ (months) and _____ (miles)

Prior Motorcycle Training (circle one): Yes / No

If yes: What year did you take training: _____

What state did you take the training in: _____

What type of training was it: (formal, informal or military): _____

What is your reason for taking this class today? (check the option that applies)

- I am under 18 years of age _____
- To continue education _____
- Spouse request/with a friend for support _____
- To become a safe rider _____
- MVA test difficulty _____

Motorcycle Safety Program – Maryland Motorcycle Law

The following are summaries of the referenced sections of Maryland Vehicle Law.

1. A motorcyclist may not ride (be the operator of, a.k.a. the rider, or be a passenger on) a motorcycle unless they are wearing a helmet that is certified by the manufacturer to meet the standards of the Department Of Transportation (DOT). **TR-21-1306(b)**
2. A motorcyclist may not ride a motorcycle unless they are wearing eye protection that meet the specifications established by the Federal Food and Drug Administration regulations on impact resistance or the motorcycle is equipped with a windscreen. It is generally accepted that to qualify as eye protection, the top of a motorcycle's windscreen should be higher than the rider's eyes. A passenger on a motorcycle must wear eye protection at all times. **TR-21-1306(c)(1) & (2)**
3. A motorcyclist may not ride a motorcycle with handlebars that are more than 15 inches in height above the part of the seat occupied by the rider. **TR 21-1305(b)**
4. The rider of a motorcycle may ride the motorcycle only on the permanent and regular seat attached to it. **TR 21-1302(a)**
5. A person may ride on a motorcycle only if seated facing forward, with one leg on each side of the motorcycle. **TR 21-1302(d)**
6. Motorcycles are entitled to have full use of a lane and the driver of another motor vehicle may not drive their vehicle in any manner that deprives a motorcyclist of full use of a lane. **TR 21-1303(b)**
7. A motorcyclist may not overtake and pass in the same lane occupied by the vehicle being passed. This includes another motorcycle. Does not apply to police officers in performance of their official duties. **TR 21-1303(c)**
8. A motorcyclist may not ride between lanes of traffic or between adjacent lines or rows of vehicles. This practice is commonly called "lane splitting". Does not apply to police officers in performance of their official duties. **TR 21-1303(d)**
9. Motorcycles may not be ridden more than two abreast in a single lane. **TR 21-1301(e)**
10. If any motorcycle carries a passenger other than in a sidecar the motorcycle must be designed to carry more than one person. It must have another seat firmly attached to the motorcycle behind the seat occupied by the rider and must be equipped with footrests for the passenger. **TR 21-1302(c) & 1305(a)**
11. A motorcyclist may not carry another person in a position that interferes with the operation, control of the motorcycle or view of the rider. **TR 21-1302(f)**
12. A motorcyclist may not ride a motorcycle while carrying a package, bundle or any other article that prevents them from keeping both hands on the handlebars. **TR 21-1302(e)**

Maryland Motorcycle Laws Part Two

13. Display of registration (license) plates.

On a motorcycle the "license" plate shall be securely fastened to the rear of the vehicle, in a horizontal position and in a place where it is clearly visible. Plate covers that obscure the characters or the stickers may not be used. **13-411.(c).**

14. Unauthorized use of registration (license) plates.

On a motorcycle, the license plate issued by the MVA must be displayed. In general, this means it cannot be altered, i.e. cut down to a smaller size, or copied reducing it to a smaller size. **13-703.(g).**

15. Wearing earphones, headsets, etc. prohibited

A person may not (operate a motorcycle) on any highway or on private property that is used by the public while the person is wearing over, or in both ears earplugs, earphones, headsets, and any other audio device.

This does not apply to a person wearing earplugs that are designed to reduce injurious noise levels, but will not inhibit the wearer's ability to hear a siren, or horn from an emergency or other vehicle.

Motorcycle helmet speakers that are mounted to the inside of a rider's helmet that do not cover, or go in a riders ears and do not inhibit a riders ability to hear other sounds are generally permitted. **21-1120.**

16. Motorcycle Illumination

Motorcycles may be equipped with auxiliary illumination to make the motorcycle more conspicuous and help protect the operator. Lighting may include:

1. Standard bulb running lights; or
2. Light-emitting diode pods and strips;
3. Blue dot illumination;
 - a. Not to exceed 3/4 of an inch in diameter; and
 - b. May be located only on the rear as part of, or adjacent to the brake light.

Lighting shall be:

1. Non-blinking;
2. Non-flashing;
3. Non-oscillating; and
4. Directed toward the engine and drive train.

Lighting may not:

1. Be attached to the wheels; or
2. Emit a red or blue light.

22-221.(l).

17. Mufflers; prevention of noise.

Every (motorcycle) with an internal combustion engine shall be equipped with an exhaust muffler system in good working order and in constant operation to prevent excessive or unusual noise, and no person may use a muffler cutout, bypass, or (straight pipes) on a motorcycle on a highway.

It is also against Federal Law (EPA) to modify the emission control system of any motor vehicle, which includes the exhaust system. **22-402.**



Maryland Alcohol Related Penalties

Driving under the influence refers to an alcohol and/or drug induced condition that makes a person mentally and/or physically less able to exercise clear judgement. This affects the safety of the driver when operating a motor vehicle, as well as others. *TR 21-902*

Implied Consent:

When you sign for a driver's license it is implied that any person detained on suspicion of operating a motor vehicle in this State while under the influence of alcohol and/or any drugs, consents to a test. Persons refusing the test or who submit to the test and measure a blood alcohol content (BAC) of .08 or more are subject to suspension of their Maryland driver's license. *TR 16-205.1*

Penalties for refusing to submit to the test:

1st offense - Driver's license/privilege suspended for 120 days
2nd/subsequent offense - Driver's license/privilege suspended for 1 year

MVA Penalties for (BAC) test results of .08 or above:

First offense - Driver's license suspended for 45 days
Second/subsequent offense - Driver's license suspended for 90 days

Violation of license restriction:

In addition to the suspension period above, if your driver's license has an alcohol restriction, the Motor Vehicle Administration may suspend or revoke your license.

Judicial penalties for conviction of Driving Under the Influence (DUI) (BAC .08 or above)

1st offense - Not more than \$1,000 fine and/or 1 year in jail
1st offense while transporting a minor - Not more than \$2,000 fine and/or 2 years in jail
2nd offense - Not more than \$2,000 fine and/or 2 years in jail
2nd offense while transporting a minor - Not more than \$3,000 fine and/or 3 years in jail
3rd offense - Not more than \$3,000 fine and/or 3 year in jail
3rd offense while transporting a minor - Not more than \$4,000 fine and/or 4 years in jail

After the 1st offense an additional mandatory penalty of 80+ hours of community service and 48 consecutive hours of imprisonment is added.

Judicial penalties for conviction of Driving While Impaired (DWI) (BAC .05 - .07)

1st offense - Not more than \$500 fine and/or 2 months in jail
1st offense while transporting a minor - Not more than \$1,000 fine and/or 6 months in jail
2nd offense - Not more than \$500 fine and/or 1 year in jail
2nd offense while transporting a minor - Not more than \$2,000 fine and/or 1 year in jail

The Maryland Helmet Law

The Motor Vehicle Administration (MVA) receives many requests every year to provide a list of approved motorcycle helmets for use when riding. The motorcycle helmet law, which is in Section TR 21-1306 (d) of The Maryland Vehicle Law, states:

(d) Approval of protective devices by Administrator - The Administrator:

- (1) May approve or disapprove protective headgear and eye-protective devices required by this section;***
- (2) may adopt and enforce regulations establishing standards and specifications for the approval of protective headgear and eye-protective devices;***
- (3) shall publish lists of all protective headgear and eye-protective devices that he approves, by name and type.***

The MVA has discretionary authority to approve or disapprove protective headgear. The MVA, through the Code of Maryland Regulations 11.13.05.02(D), has adopted Federal Motor Vehicle Safety Standard 218 as the minimum standard for helmets used in Maryland. That regulation reads as follows:

D. The Administration shall accept all helmets which comply with the requirements of Federal Motor Vehicle Safety Standard 218, Motorcycle Helmets, 49 CFR §571.218 (1991).

The federal safety standard applies to all helmets sold in the United States for use with a motorcycle. Motorcycle dealerships, related businesses and organizations may not sell a helmet for use with a motorcycle unless it meets the federal standard. Any helmet that complies with the federal standard will have a DOT (Department of Transportation) label, applied by the manufacturer, on the outside back of the helmet. This label allows the consumer to recognize the helmets that meet the federal standard and are accepted by the MVA for use in Maryland. There will also be additional labeling inside that includes the month and year of manufacture, if the helmet meets any other standard, and when that helmet model was last tested against the standard. The MVA would be required to publish a list of approved helmets only if it elected to conduct testing to approve helmets that were not in compliance with the federal safety standard.

The Maryland Court of Appeals agreed that the statute does not require the MVA to publish a list of helmets in an opinion filed February 10, 1998 in the case of Anne S. Ferro v. William Michael Lewis.



Instructor Hand Signals

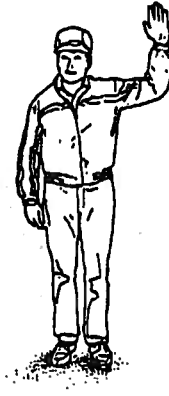
START ENGINE



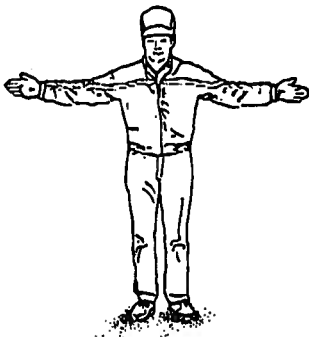
STOP ENGINE



**MOTORCYCLE
IN NEUTRAL**



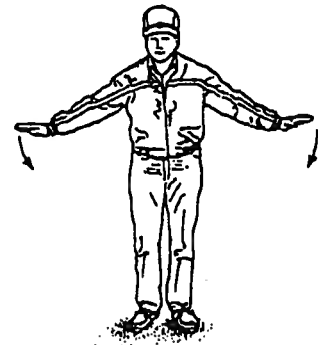
STOP



SPEED UP



SLOW DOWN



REGROUP



WHISTLE - ATTENTION SIGNAL
If riding - STOP and shut-down
your motorcycle.

Otherwise - Look toward the
Instructor for directions.

HOT DAYS AND HYPONATREMIA

With the dog days of summer rolling in, Glenn Frey's hit song "The Heat is On" starts to really hit home. Summer heat and humidity can increase your body's need for liquid. Failing to meet that need can lead to dehydration, which can lead to heat stress and heat stroke, both of which can lead to serious health problems. Now is a good time to think about preventing heat-related ailments by keeping your body properly hydrated.

- Drink liquids before, during and after work or exercise
- Be sensitive to your thirst and prepared to take a sip every 15 to 20 minutes
- Because your body absorbs cool water more quickly, drink it when you have the choice
- Alcohol speeds dehydration, so drink in moderation.

If not taking in enough water can lead to heat stress or heat stroke, does it follow that more water is always better? Or is it possible to take in too much liquid? In other words, can you over-hydrate?

In recent years, a number of deaths have been associated with hyponatremia. The victims appear to have taken advice to drink plenty of fluids a little too seriously. Long distance runners run the highest risk.

Hyponatremia occurs when the concentration of electrolytes in the blood falls to dangerously low levels. The symptoms are similar to those of heat stress: fatigue, weight gain, dizziness, cramping, headaches and confusion, and in severe cases, seizures and coma. Cases have been rare, but what the victims all had in common was over-consumption of water.

Sweating cools your body, but it also depletes electrolytes (sodium and chloride). By consuming too much liquid during heavy work or intense exercise, you can deplete your body's electrolyte levels. With the loss of sodium and chloride, water cannot permeate cell walls and therefore cannot be absorbed. Without adequate water, muscles and organs cannot function properly.

Follow this advice to avoid hyponatremia during periods of intense activity:

- Take your fluid in small amounts.
- Don't overdo the water. Use sports drinks to replace lost electrolytes.
- Keep up your strength with snack foods such as pretzels.
- Drink tomato juice or hot clear chicken broth for their high sodium content.

Hyponatremia is rare. Unless you are engaged in extended periods of intense activity, you should not need to regularly substitute other liquids for water or add additional salt to your diet. Following the basic guidelines for good hydration will help to prevent heat stress and heat stroke, but when "the heat is on," be aware and take extra care.

For more information on this hot topic, go to:

www.cdc.gov/niosh/topics/heatstress/

www.osha.gov/sltc/heatstress/

www.cdc.gov/niosh/hotenvt.html

www.acsm.org

www.weatherimages.org/data/heatindex.html