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Effectiveness of an on-road motorcycle rider coaching program: a randomised control trial

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Abstract

There is no compelling evidence to date showing effectiveness of training programs for newly licensed motorcycle riders. The VicRide program is a low risk, half-day, on-road motorcycle coaching program aimed at reducing risk of crash in new riders. This study evaluated the effectiveness of the program.

Methods

A randomised trial was conducted across the state of Victoria, Australia between 2010-2014. Consenting riders were randomly allocated into program or control groups. Those in the program group were invited to undertake the coached ride within 6 weeks of the baseline interview; the control group were offered the program at the end of the trial. Both the program and control groups completed surveys by telephone at 3 time-points: baseline (pre-randomisation), 3 months and 12 months. Outcomes include crash involvement (police and self-reported), near misses, offences, riding exposure, attitudes and behaviours. Differences in outcomes were compared using various regression analyses, in intention-to-treat analyses.

Results

Of 2399 consenting participants, 81% were male, the average age was 35 years, and average reported riding was 163.9 km, or 4.1 hours, per week. Sports bikes were the most commonly reported (39%) followed by standard bikes (25%), and cruisers (21%). Approximately 60% of those allocated to the program group completed the coached ride; the response rate for surveys was 88.7% at 3 months, and 87.6% at 12 months. Main outcome results will be presented.

Conclusions

The results of this large scale trial will provide strong evidence for effectiveness of motorcycle coaching programs, and will have significant policy implications.