

# Important Safety Information

---

## Important Safety Precautions

Your CRF can provide many years of pleasure, if you take responsibility for your own safety and understand the challenges you can meet in competitive racing.

There is much that you can do to protect yourself when you ride. You'll find many helpful recommendations throughout this manual. The following are a few that we consider most important.

**Always Wear a Helmet.** It's a proven fact: helmets significantly reduce the number and severity of head injuries. So always wear an approved motorcycle helmet. We also recommended that you wear eye protection, sturdy boots, gloves, and other protective gear.

**Never Carry a Passenger.** Your CRF is designed for one person only. There are no handholds, footrests, or seat for a second person—so never carry a passenger. A passenger could interfere with your ability to move around to maintain your balance and control of the motorcycle.

**Ride Off-Road Only.** Your CRF is designed and manufactured for off-road use only. The tires are not made for pavement, and the CRF does not have turn signals and other features required for use on public roads. If you need to cross a paved or public road, get off and walk your CRF across.

**Always Wear Protective Gear.** We recommend that you wear sturdy boots, gloves, and other protective gear. The exhaust system becomes very hot during operation, and it remains hot after operation. Never touch any part of the hot exhaust system. Wear clothing that fully covers your legs.

Do not wear loose clothing which could catch on the control levers, kickstarter, footpegs, drive chain, or wheels.

**Take Time to Learn and Practice.** Developing off-road riding skills is a gradual, step-by-step process. Start by practicing at low speeds in a safe area and slowly build your skills. Personal instruction from an experienced rider can also be valuable.

If you need assistance, ask your dealer about riding groups in your area.

Also be sure to read the *Tips & Practice Guide for the Off-Highway Motorcyclist* booklet that came with your CRF (USA only).

**Be Alert for Off-Road Hazards.** The terrain can present a variety of challenges when you ride off-road. Continually “read” the terrain for unexpected turns, drop-offs, rocks, ruts, and other hazards. Always keep your speed low enough to allow time to see and react to hazards.

**Ride within Your Limits.** Pushing limits is another major cause of motorcycle accidents. Never ride beyond your personal abilities or faster than conditions warrant. Remember that alcohol, drugs, fatigue, and inattention can significantly reduce your ability to make good judgments and ride safely.

**Don't Drink and Ride.** Alcohol and riding don't mix. Even one drink can reduce your ability to respond to changing conditions, and your reaction time gets worse with every additional drink. So don't drink and ride, and don't let your friends drink and ride either.

**Keep Your Honda in Safe Condition.** It's important to keep your CRF properly maintained and in safe riding condition. Having a breakdown can be difficult, especially if you are stranded off-road far from your base. To help avoid problems, inspect your CRF before every ride and perform all recommended maintenance.