

Message from the Chair
Colin reminds us to take care as restrictions lift

View from the Dashboard
Elaine reminds members about "POWDERY" checks

View from the Saddle
Eric searches for online activities and exercises

News from the Committee
All the latest news from your committee members

Summer 2020

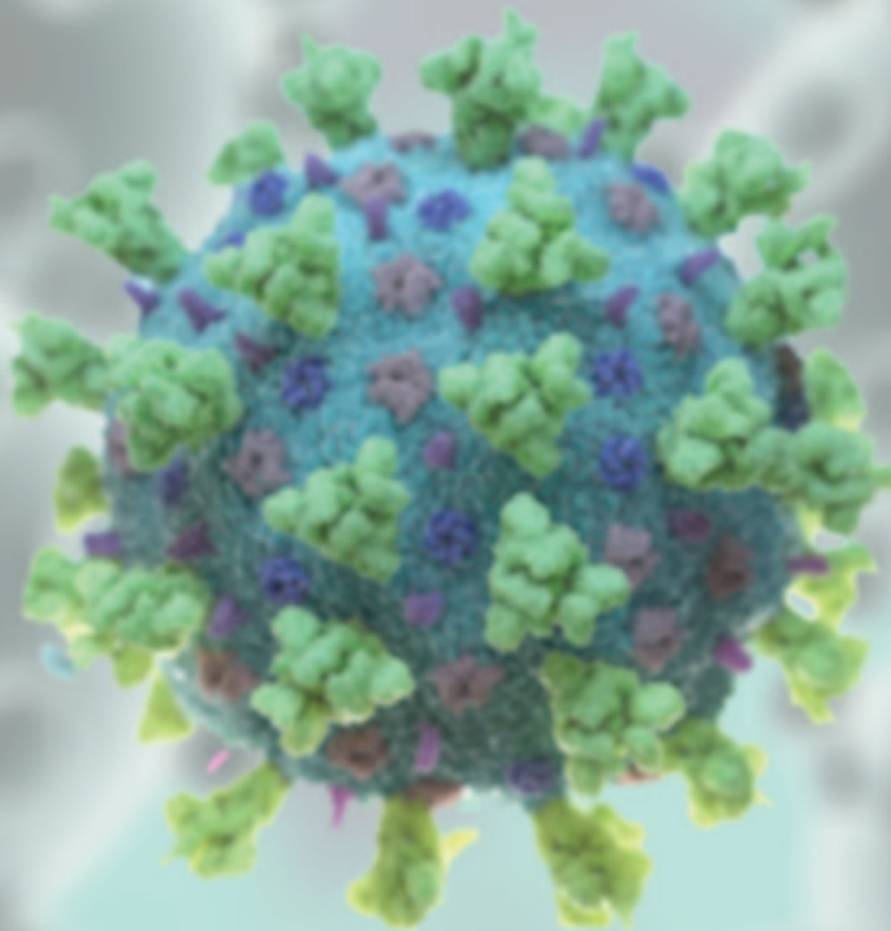


Driving

Quarterly newsletter of IAM Glasgow North Group

NEW WORLD AFTER LOCKDOWN

Jim Bowles Takes A Glimpse At The "New Normal"
And Envisions How Things Might Look On Our Roads
As Lockdown Restrictions Gradually Lift



DATES FOR YOUR DIARY

Full Details Of Upcoming Group Activities,
Meetings And Events For Your Diary



3.
[Message from the Chair](#)
Colin looks back on the plans that were put in place for this season, and reminds us to take care on the road when restrictions are finally lifted.

4.
[View from the Saddle](#)
Eric searches online to find activities and exercises that will allow us to stay in physical and mental shape ready for group rides recommencing.

6.
[View from the Dashboard](#)
Elaine reports on the group's activities in light of the COVID-19 situation, and reminds members of the heightened importance of "POWDERY" checks.

8.
[News from the Committee](#)
All the latest news from your committee members, including contact details for the committee.

9.
[New World after Lockdown](#)
Jim Bowles takes a glimpse at the "new normal" and envisions how things might look on our roads as lockdown restrictions gradually lift.

11.
[Dates for your Diary](#)
Details of upcoming group activities, meetings and events scheduled over the next few months.

Driving

IAM Glasgow North Group

The Glasgow North Group of Advanced Motorists is a road safety charitable organisation registered with The Scottish Charity Regulator (OSCR) SC018356 and is affiliated with the Institute of Advanced Motorists (IAM).

The group was formed in 1978, is one of the oldest and largest in Scotland having in excess of 260 members, is manned by volunteers who enthusiastically work to improve road safety by encouraging drivers and riders to improve their skills through coaching and critique.

At Glasgow North Group we recognise that our members all have differing skills and that no matter how experienced a road user that we all have something to learn. We endeavour to make our members safer drivers and riders in a fun and enjoyable way.

OFFICE BEARERS/TRUSTEES

Colin Cowan *Chair*
Len Kerr *Vice Chair*
Moray Finlay *Secretary*
Stephen Hagenbuch *Treasurer*

CAR REPRESENTATIVES

Elaine Irvine *Chief Car Observer*
Fraser Hunter
Andrew Richardson

MOTORCYCLE REPRESENTATIVES

Eric Ross *Chief Bike Observer*
David Coia
Calum Crawford
Raymond Dickson
Tom Hatrick
Trevor Herrington

Driving EDITORIAL TEAM

Colin Cowan
Elaine Irvine
Eric Ross
Tom Hatrick

CONTACT DETAILS

committee@iamglasgow.org

© 2020 Glasgow North Group



MESSAGE FROM THE CHAIR

COLIN LOOKS BACK ON THE PLANS THAT WERE PUT IN PLACE FOR THIS SEASON, AND REMINDS US TO TAKE CARE ON THE ROAD WHEN RESTRICTIONS ARE FINALLY LIFTED.



COLIN COWAN
Chair

Welcome to the Summer edition of your group newsletter.

I hope you all enjoyed having a read through the Spring newsletter with all the usual hints and tips for enjoying the roads.

At that time we had the year of driving and riding ahead of us not knowing what was to follow so you may wish to revisit it once we can all get back on the roads whenever that may be.

Normally at this time of year we would be well into our driving and riding season with the longer days allowing for more on road observing, and we would have a newsletter full of all the wonderful activities we have been taking part in whether it be charity runs at Easter, our bike Slo-mo day, or details of the road safety events or talks we have delivered.

This year, however, is unlike any other I have encountered and

hopefully it's only going to be this year that will be affected.

We all know our driving and riding skills are perishable and without regular practice those sharp skills fade so when we do get back out on the roads it will take time to adjust to the faster speeds.

Most of you will be walking more or perhaps running or cycling so your judgment around speed and distance will have changed and this could very well catch you out if you are not thinking about it.

Perhaps we have some new meanings to signs like fence painting ahead or no entry to this shopping aisle, but remember that the wildlife has been enjoying the empty roads so mind how you go, and drive or ride to what you can see, what you can't see and what you could reasonably expect to happen while being able to stop in the distance you can see to be clear and

Alternative Road Signs



Fence painting ahead



No Entry to this shopping aisle

on your own side of the road.

Stay safe and well and I hope we can return to a more normal service soon.

Colin

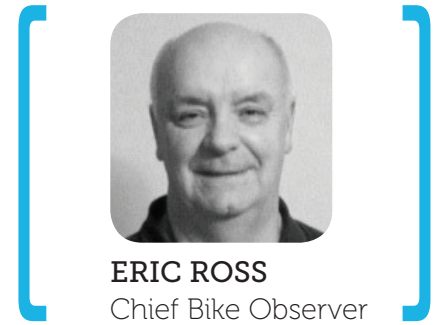
Colin Cowan | 07766 530 346
chair@iamglasgow.org

DRIVE OR RIDE TO WHAT YOU CAN SEE AND WHAT YOU COULD REASONABLY EXPECT TO HAPPEN WHILE BEING ABLE TO STOP IN THE DISTANCE YOU CAN SEE TO BE CLEAR AND ON YOUR OWN SIDE OF THE ROAD.



VIEW FROM THE SADDLE

ERIC SEARCHES ONLINE TO FIND ACTIVITIES AND EXERCISES THAT WILL ALLOW US TO STAY IN PHYSICAL AND MENTAL SHAPE READY FOR GROUP RIDES RECOMMENCING.



I hope this finds you well. I am sure many of us are finding this a very difficult time with all the uncertainty and concern that is going on.

I know earlier in the year we would all have been looking forward to the better weather so that we could dust down our gear and get out and enjoy ourselves with early season rides.

With all that is going on in the world just now and the need for social distancing and self-isolation, getting out on a bike might seem quite trivial. But for many of us this is how we relax and exercise both physically and mentally, so I have been thinking of how I can replace actually getting out on the bike with something else still related to motorcycling.

I was lucky and managed to get out on a beautiful day for a very enjoyable 150-mile ride just before the present lockdown was announced.

When I finished the ride I set about cleaning my bike and once finished I realised I was actually quite stiff, had some sore muscles and felt quite mentally tired.

That was when I realised that since I had last been out on the bike my physical strength, flexibility and my ability to concentrate over an extended period had all dropped quite a bit and I needed to work on these if I wanted to ride my bike well.

Now that all of the gyms are closed and we are all being told to take only one exercise session outdoors each day how can we manage this?

Clearly we are going to be restricted but there is plenty we can do from home.

The starting point for any exercise is that you should never overdo it, and if you have any concerns speak to a doctor before starting any programme of physical exercise.

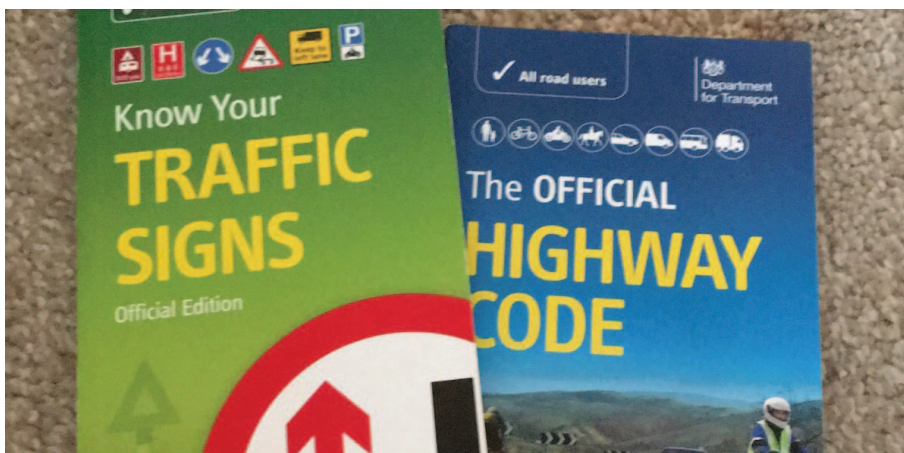
I decided to go online, which straight away helped my cognitive processes as I am completely useless with technology!

What I found was that there is a plethora of articles on building physical strength but not so many on flexibility or on developing concentration.

For physical strength it is important that you find a programme which meets your personal needs and is set at a level appropriate to your starting physical condition and working your way up from that.

When I looked at flexibility I was not surprised to find that there was much less on the internet specifically designed for motorcycle riders, but I did manage to find some useful programmes.

Much of what I did find was presented by women and seemed to be aimed at women which again did not surprise me as there is still the outdated idea that strength



IT IS ALSO WORTH PREPARING BY STUDYING THE HIGHWAY CODE AND KNOW YOUR TRAFFIC SIGNS AS ALL ADVANCED RIDERS SHOULD KNOW THESE IN DETAIL.

is for men and flexibility is for women, which is clearly not the case and you only need to look at the training schedule of any top athlete to understand this.

Even if you can't find any programme specifically aimed at motorcycling, general yoga exercises are worth considering.

When I came to look at improving my ability to concentrate I found that there were numerous articles which stressed the importance of concentration in riding safely but there was very little written on how to improve your concentration other than ensuring you are physically fit and actually getting out on your bike, gradually building up your concentration.

So is there anything we can do in the meantime?

When thinking about Associates I looked back at my time as a new Associate and what I found difficult.

The first thing I remember was it appeared that a different language was being used; there were so many new phrases (limit point, overtaking position, safety bubble etc) and acronyms (IPSGA, TUG, OAP etc) to learn.

By using the time you may have available at present, it may be possible to thoroughly prepare by reading through your Advanced Rider Course Logbook so that you have a good grasp of the theory of advanced riding.

Then when we start working on the road you will have a sound base to start from. It is also possible to go online and look at videos of advanced riding.

It is always better to look for sessions that have been put online by the IAM and IAM Members. I have even managed to find several sessions by an individual who has recorded his experience from his first meeting right through to his

test during which he videoed 8 sessions plus his test.

Whilst these sessions may not exactly mirror your experience as an Associate and some of the riding and comments would not be exactly what we would expect, they do give a good idea of what can be anticipated.

It is essential to remember that no two situations are completely identical and what is a good action to take in one certain set of circumstances may not be correct in another similar set of circumstances.

I have also found that some of the terminology used in these session can be outdated and different to that used today, however the general concepts remain the same.

It is also worth preparing by studying the Highway Code and Know Your Traffic Signs as all advanced riders should know these in detail.

For Members and Observers, refreshing your knowledge of all three books is good use of your time, especially as some Associates will come along very well prepared.

Members and Observers can also use videos on the internet to refresh their knowledge and

Observers can use the videos to identify issues they would wish to discuss with the rider.

It is important to remember that no rider will ever complete the perfect ride and we will always observe hazards that may apparently have been missed by the rider or where the rider could have reacted in another way to an identified hazard.

All of these videos should only be seen as an aid to getting back into our riding as nothing replaces the experience of being on the road and working on our advanced riding skills.

Hopefully we will soon get through this crisis we find ourselves in, and we can all meet up and get out and enjoy the experience of riding our bikes again.

Stay safe and remember that whilst we might be deprived of normal social contact we can and should make use of Facebook and other social networking platforms to stay in contact.

Eric

Chief Bike Observer

Eric Ross | 07789 811 630



VIEW FROM THE DASHBOARD

ELAINE REPORTS ON THE GROUP'S ACTIVITIES IN LIGHT OF THE COVID-19 SITUATION, AND REMINDS MEMBERS OF THE HEIGHTENED IMPORTANCE OF "POWDERY" CHECKS.

As I write, it is week 10 of the lockdown and I hope that you are all safe and well.

Our normal day-to-day activities have been stolen away from us by the advance of the Coronavirus but I hope that we can all eventually emerge like butterflies from our locked-down homes, although given the state of my hair I think I may have to stay in hiding until August when I can get to a hair-dresser!!!

I have been very aware of the need to keep in contact with people and especially all at Glasgow North over the past few months.

Social media has proven to be a fantastic way of keeping that contact going, and with the use of meeting platforms such as Zoom, I have been able to organise weekly online theory training sessions for our Associates. These sessions

have been open to those in training and also those who are still on the waiting list, as well as some of our Observers who have popped in for a theory refresher!

We've had an in-depth look at the System of Car Control; Starting and Stopping drills; Urban, Rural and Motorway driving; Cornering; Overtaking; and Commentary with many more topics still to look at. I also hope to host a Meet the Examiner online session soon but that will be dependent on availability.

Our Observers have been keeping busy online too, and we've managed to have some meetings to discuss how we can move forward after the restrictions are eased, among other topics. Currently I have no idea how this will go but I do know I am missing driving, and the freedom to go where I want, very much.



ELAINE IRVINE
Chief Car Observer

Technology has enabled us to keep in touch, learn and even stay fit online, but it is not possible to do remote driver training as we rely on being able to see what is around us as well as what the driver is doing! I do hope that sometime in the near future, we will be able to return to some semblance of normality and get back to conducting Observed drives.

Although we have been unable to get out and about in our cars due to the present lockdown restrictions, there have still been some changes to legislation and changes as to how we use our roads.

In March, MOT legislation was changed to give those whose MOT would expire after 30 March a temporary extension of 6 months which would allow you to drive your car even if your MOT had run out. I understand the reasoning behind this as, at present, it is nigh-on impossible to find an open MOT station to conduct these tests, however I would remind you that the MOT test is a measure of safety and determines whether your vehicle is roadworthy.



TECHNOLOGY HAS
ENABLED US TO KEEP IN
TOUCH, LEARN AND EVEN
STAY FIT ONLINE



Without this test, many defects could go undetected and could lead to serious damage to your vehicle or at worst an accident.

Stuart James of the Independent Garage Association (IGA) has called for the extension to be ended as lockdown eases and has said:

“Now that the public are being encouraged to go back to work and avoid using public transport where possible, the time is right to stop the MOT extension.

With approximately one third of cars failing their initial MOT, millions of faults will be left unrectified if the full six-month extension goes ahead.

Small defects that would have been found in the MOT test will worsen, not only leading to an increase in the number of dangerous cars on the road, but an increase in future repair costs for vehicle owners too.

Leaving vehicles unchecked also puts motorists at risk of prosecution for driving an unsafe vehicle when it has been exempted from MOT testing. For example, 580,000 vehicles will have illegal tyres today, which will rise by another 290,000 by the end of the MOT extension.

These drivers face a fine of up to £2,500 for each tyre and three penalty points. This is a simple defect which could have been easily rectified if an inspection was carried out, but could now cost the driver dearly and put themselves and others at risk.”

IAM Roadsmart offers the following advice:

“If your MOT was due during the lockdown, while the extension is still in place, make sure your car or bike is roadworthy. The lack of MOT requirement does not allow your car or bike to remain on the road if it is defective. Garages are operating a reduced service at the moment, but repairs are still possible.

In any case, check your car or bike over carefully before you use it. POWDERY checks are essential to minimise any risk of breakdown. You can see our advice on basic vehicle checks (to cover Petrol, Oil, Water, Damage, Electrics, Rubber and You) in our [online video](#). Make sure you clean your windscreen thoroughly; inactivity can cause a film to build up on it which will not come off with the wipers. Also remember to check your tyres carefully. You need to examine them for cuts or bulges and check the tread and pressure. For guidance on tyre safety, visit the [Tyre Safe website](#).”

As well as doing your POWDERY check, it would be prudent to update your car emergency box and/or put some essentials in your glove box. Have a bottle of hand sanitiser close by in your car. You may also find it helpful to have some disposable gloves, face masks and maybe a card with your contact and vehicle or insurer details for use in case of an accident or breakdown. Remember that social distancing still applies.

As lockdown eases, we are being guided to find alternative means of transport to get to work, rather than using public transport, in order to maintain social distancing.

Recommendations are that we cycle or walk more and we are seeing ‘pop-up’ cycle lanes appearing in our cities to accommodate the higher volume of cyclists. As drivers we should always be looking for other road users, but we may find now that there could be many cyclists of varying abilities making their way to work who are not familiar with the highway code and are not as confident, or who may make unwise moves as they are more used to travelling by other means. There are also many more families out on their bicycles with children in their group. Be mindful of and considerate to these road users at all times, to ensure everyone’s continued safety on the road.

I do hope that as you read this, we are beginning the process of easing restrictions and are able to emerge from our homes and out onto the roads. My advice to you all as drivers is to stay calm and focused, have patience and be considerate, and whether you are driving a scenic route or stuck in a traffic jam, enjoy your freedom.

As always, safe driving.

Elaine
Chief Car Observer

Elaine Irvine | 07979 370 904
elaine.irvine@hotmail.co.uk

NEWS FROM THE COMMITTEE



Welcome. We hope you enjoy reading this, the latest edition of our group newsletter.

The season should now be in full swing, but group activities have been severely curtailed due to the ongoing COVID-19 situation.

Associates should have heard from HQ regarding extensions to their memberships; essentially IAM will extend Associate memberships for up to six months, at no additional cost, to enable Associates to complete their coaching and take their test without disadvantage.

The current lockdown has also wreaked havoc on our group syllabus. The [Dates for your Diary](#) page is looking somewhat threadbare and we wouldn't be at all surprised to see some tumbleweed blowing through!

With any luck lockdown restrictions will begin to relax and we will soon be able to resume normal group activities and observed drives and rides.

With regards to the syllabus, do you have a suggestion for a guest speaker or a topic that you think would be of interest to the group.

Is there anywhere that you would like to visit, or an activity you think may be ideal for a group event?

Please get in touch with the committee and share your thoughts; we are here to help organise events that will appeal to Members, and we need your help to do this.

Further information on group activities, meetings and events is available from the group website and facebook page – just click on

Glasgow North Group of Advanced Motorists

OFFICE BEARERS/TRUSTEES

Chair Colin Cowan | 07766 530 346

Vice Chair Len Kerr | 07564 527 933

Group Secretary Moray Finlay | 07856 380 291

Group Treasurer Stephen Hagenbuch | 07770 704 025

CAR REPRESENTATIVES

Elaine Irvine | 07979 370 904 *Chief Car Observer*

Fraser Hunter | 07771 888 256

Andrew Richardson | 07774 411 637

MOTORCYCLE REPRESENTATIVES

Eric Ross | 07789 811 630 *Chief Bike Observer*

David Coia | 07831 249 270

Calum Crawford | 07713 897 699

Raymond Dickson | 07894 119 659

Tom Hatrick | 07931 959 307

Trevor Herrington | 07874 110 360

the relevant link in the 'How to get in touch' box on the right.

Colin gave a couple of alternative meanings to road signs in his [article](#) earlier in the newsletter. Can you think of any other road signs that may have new uses due to lockdown?

We'd love to hear your new definitions, and may well publish the best alternative uses in the next newsletter.

Keep well and stay safe; this will all pass and we will be out and about again soon.

The Committee
committee@iamglasgow.org

How to get in touch



www.iamglasgow.org



[Glasgow North I.A.M](https://www.facebook.com/GlasgowNorthIAM)



committee@iamglasgow.org



THE NEW WORLD AFTER LOCKDOWN

JIM BOWLES TAKES A GLIMPSE AT THE “NEW NORMAL” AND ENVISIONS HOW THINGS MIGHT LOOK ON OUR ROADS AS LOCK-DOWN RESTRICTIONS GRADUALLY LIFT.



As part of my business life I'm involved in Work Related Road Risk Legal Compliance so I've been paying particular attention to the information being published about the driving risk and how it will impact Employers and their Employees, during and after lockdown.

The impact goes beyond those driving for work hence I thought it useful to share the information for the benefit of us all.

The following details/statements have been taken from a variety of sources including Fleet and Cycling publications, webinars, and drivers I have been speaking directly with:

- Cycling to work keeps you healthy so buy a bike
- Cycling for Work Scheme Bike monetary limit removed encouraging more employees to cycle to work
- Work from home if you can
- Take public transport to work
- Do not take public transport to work
- Take your car to work
- Company Employee Travel policies requiring revision – may currently state, take public transport wherever possible. The Employers' Duty of Care may mean that this is no longer an option hence the need for road travel leading to more cars on the road in the future
- There will be fewer cars on the road in the future
- Investment in cycling
 - Pop-up cycle paths
 - Extending current cycle paths
 - Creating dedicated cycle routes
 - Removing cars from certain roads to make them dedicated cycling highways
 - New safe junctions
- Widening pavements hence reducing the road surface available
- Bike shops selling and repairing bikes – local shop had over 200 bikes in for service/repair
 - Do stabilisers fit a 26" wheel? An adult bike with stabilisers – really?
 - Selling bikes like hotcakes
- Buses/Coaches to reduce capacity for social distancing – more buses on the routes





- Elderly and vulnerable persons going back on the road after months of lockdown
- Drivers going back to work and not used to driving a long day – fatigued
- Been driving a car to the shops now going back to driving their HGV or Coach – lost familiarity
- Drivers worried about finance and/or their job? – emotional driving risk
- Driver not used to speed or their spatial awareness
- Pedestrians walking off pavements as they focus on 2m social distancing and FORGET about traffic.
- A cyclist cycling into oncoming traffic. On being challenged as to why? Because that is the way you walk on roads without a pavement.
- Online shopping increased hence more delivery vehicles on the road

Confused? Even the experts I've listened to recently contradict one another on occasion.

What could we possibly encounter out there when we ourselves return to the road:

Physical Features

- Restricted roads access
- Reduction in road width
- Flurry of roadworks hence new tar and stones
- New safe junctions – what do they look like?
- Additional white paint on the roads
- Pop-up cycle lanes

The reality is nobody has been at work to carry out any of these proposed changes.

Lobbying continues by various groups for their own interests hence it is wait and see if anything actually happens

Other Road Users

- Pedestrians with distancing in mind stepping off pavements
- New or returning cyclists with doubtful balance
- Cyclist not used to sharing road space with traffic

- Increased number of delivery vehicles on the road with drivers working long hours and being subject to delivery deadlines
- Drivers returning to work suffering from tiredness and/or emotional distress
- Working hours restrictions being relaxed for essential HGV drivers leading to longer hours behind the wheel
- Elderly drivers getting the car out after months of inactivity

This is the here-and-now and presents increased hazards to us all as we venture back onto the roads.

I would leave you with this final question; have your skills dulled during lockdown?

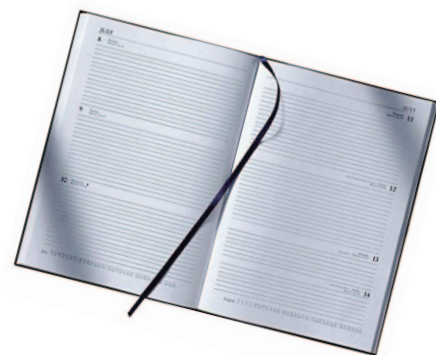
Take care and be safe out there.

Jim
Car Local Observer

Jim Bowles | 07704 911 947
jimbowles@hotmail.com

DATES FOR YOUR DIARY

DETAILS OF UPCOMING GROUP ACTIVITIES, MEETINGS AND EVENTS. FURTHER INFORMATION IS AVAILABLE ON THE GROUP WEBSITE AND FACEBOOK PAGE.



We still have a programme of meetings and events planned for this season. See below for a slice of activities over the coming months.

The Committee

committee@iamglasgow.org

Aug 2020

Thursday 13th

Group night - tbc

This event is subject to confirmation. Details will be published via the group website and facebook page once confirmed.

Venue tbc

Sept 2020

Wednesday 2nd

Last Wednesday Bike Meet

This is the scheduled end of Wednesday evening bike meetings.

Crow Road Retail Park

18.15 for 18.30 start

Thursday 10th

Group night - tbc

This event is subject to confirmation. Details will be published via the group website and facebook page once confirmed.

Venue tbc

Oct 2020

Thursday 8th

Glasgow North AGM

The Annual General Meeting of Glasgow North. All Members are invited to attend and have their say on the running of the group.

Venue tbc

19.00 for 19.30 start

Nov 2020

Thursday 12th

Bowling Night

Our perennial end of season event brings members and their families together for a couple of friendly games of ten pin bowling.

Venue tbc

Saturday 14th

Last Saturday Bike Meet

This is the scheduled end of Saturday morning bike meetings.

Robroyston Retail Park

09.15 for 09.30 start

Dec 2020

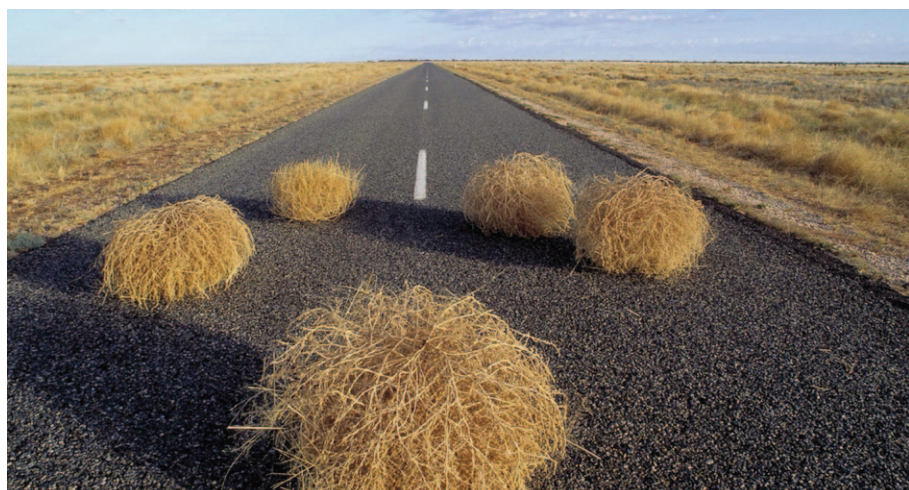
Saturday 12th

Winter Riding events commence

This is the scheduled start date for Winter Riding bike meetings. Please check the group website to ensure each ride is still running before leaving home.

Robroyston Retail Park

09.15 for 09.30 start



We're not sure whether this grouping meets current social distancing guidelines!