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If you are interested in filling a staff position in Chapter H, please contact any of the Chapter Staff listed above.

GWRRA GEORGIA CHAPTER H

September 2013



Could you save a life if you had to?

The answer to this question should not be answered when a situation arises and someone desperately needs help that could possibly save their life. The time to consider the answer to this question is now. Hopefully, you will never need the knowledge that would be required to take action to save someone's life. But in the event you are ever faced with making a decision to help an injured or unresponsive person, wouldn't it be nice to have a general idea of how to react? Do I help or do I wait for someone else to come along to take charge of the situation? Won't I be held liable if I do make the decision to help and something goes wrong? What if I don't take any action at all? How could I possibly help someone if I have never had the training to know what to do?

Let's address these questions one at a time. You are in an excellent position in Chapter H to have people with the knowledge and training to provide the basics in CPR, AED and first aid. The basic life saving skills that could possibly mean the difference in life and death of someone, maybe even a friend or loved one. It could even be someone you have never met. We can provide the opportunity to give you the knowledge of what to do if you decide to help. The decision to take action to

provide aid to an injured or unresponsive person is a personal issue. Most people that don't have the training or skills to help someone feel that they should not help for fear of making things worse. Standing back and waiting for someone else to come along is not in the best interest of the injured or unresponsive person. We can offer the training to give you the basic skills in lifesaving. Whether you are a professional in the medical field or just a person that has taken the basic lifesaving skills of CPR and first aid, you will not be held legally liable for taking some type of action even if the action you take does not help. In the Medic First Aid training we provide, we discuss the legalities of helping or not helping and the implied consent rules in providing aid. If you don't take any action at all, that is your decision. There are a lot of reasons not to help; fear of contaminated body fluids; not wanting to get involved; making the situation worse and more. Everyone can help in some form, even if is just to call 911. Doing something is better than doing nothing at all. If you had the proper training, would it make you more likely to help? We can offer that training. And just how much will this cost me you ask. Nothing. CPR, AED, first aid training falls within the Rider Education Program in GWRRA and if

you are a Georgia member, the District picks up the tab. As with most Chapter H events, food is usually involved, so we will even feed you lunch for free. So the only thing it will cost is a few hours of your time. What better way could you spend your time than to learn something that may save someone's life? We will offer this valuable training on October 12th in Leesburg. We will start at 8:30AM, finish the CPR first aid portion around 12:00, have lunch then have a couple rider education seminars. Please take advantage of this opportunity, your family or friends may thank you some day.

Bill and Betty

Fall Season Riding

Sunday September 22nd was the first day of fall. Fall brings with it changes in the weather and riding conditions that we need to think about and plan for. One of the first things we notice is the amount of daylight has and will continue to shorten until mid-December. This means more night time riding. I have heard Jimmie Strickland say many times, "Don't out run your headlights" and I would agree. Many things lurk in the darkness, Bambi on the side of the road, critters in the road, pot holes and other debris in the road. We must see these things before we can react. So we often need to slow down a bit to build in reaction time so we don't outrun our headlights.

The change of the season also brings with it fallen leaves on the roads and in some locations ice on the road. Any time anything is between the tires and the road there is potential to loose traction and slide. This is not a good thing. Bikes work best in a vertical position. Horizontal is not good! We need to alter our speed and sometimes our route to reduce the risk.

Finally the outside temperature becomes an element we must also contend with. If our body temperature drops below 98.6 our ability to react to road issues is slowed and our thinking can become clouded. If we fall below 95 degrees we can develop hypothermia. Any time our body is exposed without insulation to temperatures below 98.6 we tend to loose body heat. When we are in contact with moving air, wind or traveling on a motorcycle etc., the rate of temperature loss is increased. This

is Wind Chill affect. We must wear appropriate clothing to retain and maintain our body heat.

In conclusion stay warn, and don't outrun your head lights. Ride Safe!!

Rich Morgan



Happy Birthday to:

Regina Barron 7 Sep

Ray Hinman 18 Sep

Ron Munson 18 Sep

Up Coming

Rides and Activities

- ◆ Oct 5th Dessert Auction Chapter Q Warner Robins—Depart Enmark on Clark 9:00 District Web AM
- ◆ Oct 10th Chapter M Moultrie—Depart Moree's store on Moultrie Rd. at 6:00 PM
- ◆ Oct 12th Chapter H Rider Education Saturday Board of Ed Complex 126 Starksville Ave Lees Burg
- ◆ Oct 21st Chapter O Tifton—Leave Enmark on Clark at 6 PM
- ◆ Oct 24th Chapter H monthly gathering

