

INTRODUCTION

OBJECTIVE

You should know the leaders and other 4-Hers, the purpose of the safety class and what you can do to help reduce your risk when riding at club rides.

*Introduce self and any members who are helping

*Let members introduce themselves

*Read purpose of Safety Day

1. To increase safety awareness and skills
2. Identify your abilities and your ATV's capabilities
3. Demonstrate the significance of an ATV being rider active
*Rider active means you are controlling the ATV it is not controlling you
4. Introduce strategies to identify and manage risk

RISK MANAGEMENT

*Identify positive ways to address risk

1. Recognize hazardous riding conditions
2. Recognize own riding abilities and your ATV's capabilities
3. Know safety practices and follow them (owner's manual, 4-H club rules, riding gear etc.)
4. Ignore negative peer pressure
5. Behave responsibly
6. Practice risk management

*Discuss riding gear (function, fit, comfort, style)

STRESS ALWAYS WEAR PROPER PROTECTIVE GEAR

1. Helmets and helmet standards. What kinds of helmets? What kind of fasteners should it have? How should it fit?
2. Eye protection. What is acceptable for 4-H?

3. Long pants. Stress why jeans are better than jogging pants, also why there should be no holes in the knees.
4. Long sleeved shirt and why?
5. Gloves
6. Boots or over the ankle high top shoes, etc.
7. Jacket in chilly temperatures
8. Any other protection you might want to mention

***Discuss SIPDE**

A thinking strategy to organize your thinking and reactions. A method to manage risks and increase enjoyment/fun.

S = Scan/search terrain and environment

I = Identify hazards or specific problems within path

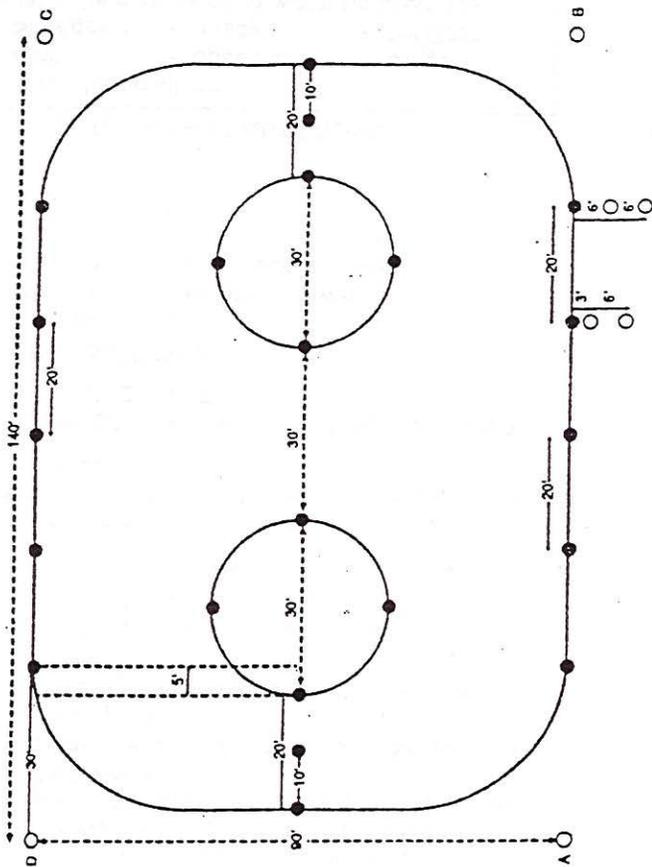
P = Predict what may happen and consider consequences

D = Decide what to do based on riding abilities and capabilities of ATV

E = Execute your decision

SUMMARY AND DEBRIEF QUESTIONS

1. What is the purpose of the safety class?
2. Is an ATV a toy? If anyone answers yes they need more training.
3. What are two way risks can be managed? Protective clothing and recognizing hazardous riding conditions.



T = TIRES & WHEELS

C = CONTROLS & CABLES

L = LIGHTS & ELECTRICS

O = OIL & FUEL

C = CHAIN/DRIVESHAFT, CHASSIS & SUSPENSION

COURSE EQUIPMENT

- Suitable Markers (Cones)
- Range layout
- Tape measure or rope
- Range diagram and setup
- Folding stools
- Clipboards, pencils, pens
- Fire extinguisher
- First aid kit
- Gas and oil
- Air tanks/pump
- Air pressure gauges (low pressure)
- File for paperwork
- 2" masking tape
- Felt tip pen
- Obstacle
- Trash Bags

COURSE MATERIALS

- Class schedule
- Coupon/Waivers
- ATV Rider's Handbook
- Student Completion Cards/
- Student Performance Evaluation
- Range Cards
- CPSC ATV Safety Alert
- Class Completion Report forms
- "Parents, Youngsters and ATVs"
- Flip Cards
- Accident/Incident Report Form

INSTRUCTOR NOTES

- Have tire gauge(s) available.
- Allow time in the schedule to inspect riders' ATVs before class begins.
- In this lesson you must reinforce the importance of the pre-ride inspection.
- Have riders check their parking brake by setting and pulling back on the ATV.

ATV AGE LEVELS

Engine Size	Age Levels
Under 70 cc	6 and older
70-90 cc	12 and older
Over 90 cc	16 and older

RANGE SIGNALS, RULES AND WARM-UP EXERCISES

Time: 10 min.

1. READ OBJECTIVE

You should know the range signals, riding rules and warm-up exercises necessary to maintain a safe learning environment.

2. DEMONSTRATE RANGE SIGNALS:

- Start your engine
- Ready
- Stop your engine
- Speed up
- Slow down
- Stop
- Look ahead
- Shift weight to side
- Shift weight forward on seat
- Spread out
- Stage/end of exercise
- 1st gear
- 2nd gear

3. REVIEW RULES

- Only ride when directed to do so.
- Always wear the proper protective gear whenever you are on the ATV.
- Know the location of the engine stop switch and how to use it.
- Always check around you for other riders.
- Do not follow too closely.
- If you are having a problem with the ATV, move it out of the path of travel.
- If you do not understand the directions, ask for further explanation before attempting the exercise.
- Showing off or performing unsafe maneuvers will not be tolerated.
- When an exercise is finished, follow directions to the staging area.
- Remove any sharp or hard objects from your pockets.
- If you do not feel well at any time during the course, notify me.
- Do not attempt any exercise beyond your capabilities.

4. POSITION RIDERS SO THEY CAN PERFORM WARM-UP EXERCISES.

5. EXPLAIN NEED FOR WARM-UPS WHEN GETTING READY TO RIDE AN ATV.

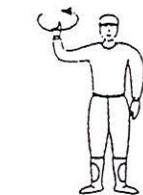
6. PERFORM EXERCISES:

- Neck Rolls - slow
- Arm circles—forward and backward
- Waist bends—forward, back, and sides
- Leg stretches
- Slight knee bends
- Thigh stretch

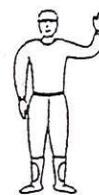
7. ASK SUMMARY/DEBRIEF QUESTIONS

- What is the signal for:
 - Stop
 - Slow down
 - Speed up
 - Ready
 - Stage
 - 1st Gear
- What is the purpose of the warm-up exercises before riding?

RANGE SIGNALS, RULES AND WARM-UP EXERCISES



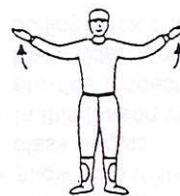
Start your engine



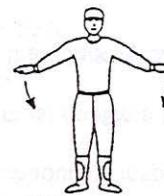
Ready



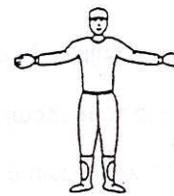
Stop your engine



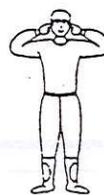
Speed up



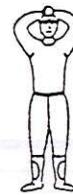
Slow down



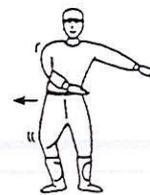
Stop



Look ahead



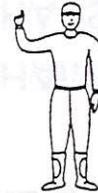
Stage



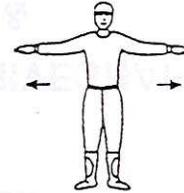
Shift weight to side



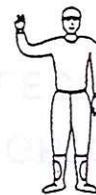
Shift weight forward



1st gear



Spread out



2nd gear

INSTRUCTOR NOTES

- Riders must know the range signals so they can be coached effectively.
- Caution riders not to overexert themselves on warm-up exercises.

CONTROLS

Time: 10 min.

READ OBJECTIVE

You should be able to correctly mount and sit on the ATV, locate and operate the controls and dismount so that you maintain control of your ATV when riding.

READ EVALUATION POINTS

- Mount the ATV properly.
- Assume correct riding posture.
- Feet on footrests.
- Locate and properly operate the controls.

BRIEFLY EXPLAIN MANUAL AND AUTOMATIC TRANSMISSION SHIFT PATTERNS

HAVE RIDERS EXPLAIN SHIFT PATTERN OF THEIR ATV (USE OWNER'S MANUALS)

DEMONSTRATE PROPER MOUNTING AND STRAIGHT-LINE RIDING POSTURE

READ DIRECTIONS AS RIDERS PRACTICE

- Put on protective gear
- Set parking brake
- Mount your ATVs
 - Mount from left, left foot on footrest
 - Do not step on shift lever
- Feet on footrests at all times
- Assume the correct riding posture for straight line riding
- Turn the bars full stop right/left
- Identify and operate these controls (if equipped):
 - Parking brake
 - Hand brake, foot brake
 - Throttle (full, half, quarter)
 - Ignition switch
 - Engine stop switch
 - Fuel supply valve
 - Choke
 - Clutch
 - Shift lever
 - Starter (pull, kick, electric)
 - Reverse gear lever (optional)
 - Transmission hi/lo lever (optional)
 - Primer (optional)

ASK SUMMARY/DEBRIEF QUESTIONS

- Why should you be able to operate the controls without looking?
- While riding your ATV, where do you keep your feet at all times?
- Where is the engine stop switch?

STARTING & STOPPING THE ATV ENGINE

Time: 10 min.

READ OBJECTIVE

You should be able to use the BONE-C routine so you can quickly start and stop the engine.

READ EVALUATION POINTS

- Mount the ATV properly.
- Assume proper posture.
- Feet on footrests.
- Rock the ATV to check for neutral; release and reset parking brake.
- Use choke only when needed.
- Stop engine using engine stop switch.

EXPLAIN BONE-C AS PRE-START ROUTINE

READ DIRECTIONS AS RIDERS PRACTICE

- Correctly mount your ATV.
- Prepare the ATV for starting using the BONE-C Routine:
 - B = set parking Brake
 - O = turn ignition and fuel On (vent cap)
 - N = ATV in Neutral (reset parking brake)
 - E = Engine stop switch in RUN/START
 - C = Choke (cold engine)
- Start your engine.
- Raise your left hand when your engine is started.
- Move the choke off as engine warms.
- Stop your engine on my signal using the engine stop switch.
- Turn off ignition switch.
- Correctly dismount your ATV.

ASK SUMMARY/DEBRIEF QUESTIONS

- What does BONE-C mean?
- Why is posture important?
- How do you check for neutral?
- How do you stop your engine?

COMPLETE STUDENT PERFORMANCE EVALUATION
INSTRUCTOR NOTES

STARTING OUT AND SHIFTING GEARS

Time: 15 min.

READ OBJECTIVE

You should be able to use the throttle, shift lever (and clutch) to move in a straight line and to shift gears for basic control. Maintaining control of your ATV is a basic requirement for reducing risk.

READ EVALUATION POINTS

- Feet on footrests.
- Assume proper riding posture.
- Shift smoothly, do not stall.
- Releases throttle when shifting.
- Stop smoothly.

GIVE STATIC DEMONSTRATION OF SHIFTING PROCEDURE AND TURNING POSTURE

READ DIRECTIONS

- Mount your ATV.
- On signal, start your engine using BONE-C.
- On signal, shift to first gear and move forward slowly until signaled to stop.
- At the other side of the range, you will be directed into a single file.
- On signal, ride around the perimeter counterclockwise, shift into 2nd gear on the long sides, then slow and shift to first gear before the gradual turns.
- On the turns, lean in as you turn the handlebars and look through the turns.
- Keep a safe distance between riders.

DEMONSTRATE EXERCISE (INCLUDING NEW STAGE AREA)

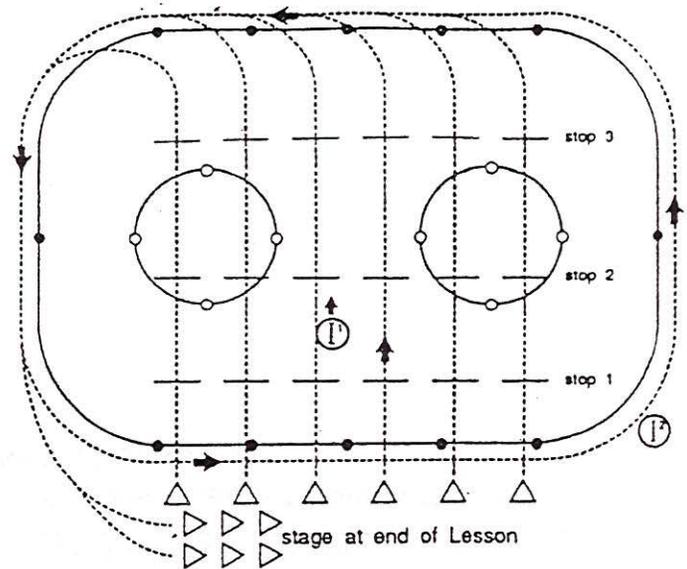
EVALUATE RIDER'S STATIC PRACTICE

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- Does every ATV have the same shift pattern?
- How do you shift to 1st gear?
- While riding, where do you keep your feet at all times?
- Why is it important to release the throttle when shifting?

STARTING OUT AND SHIFTING GEARS



INSTRUCTOR NOTES

- Explain that shift patterns may vary; riders must know procedure in their owner's manual.
- Move riders individually to first stop to coach clutch/throttle control.
- Move to I² position to coach smooth shifting to a lower gear.
- Remind riders using 4WD ATVs in 4-wheel drive mode that:
 - Use of only the front brake or only the rear brake has the effect of braking both front and rear wheels.
 - Abrupt deceleration of gear change (engine braking) will affect both the front and rear wheels.
- Note staging area at the end of this exercise.

- BRAKING

Time: 10 min.

READ OBJECTIVE

You should be able to use the brakes properly to bring your ATV to a safe stop.

READ EVALUATION POINTS

- Feet on footrests.
- Assume correct riding posture.
- Start smoothly (no lugging, over-revving, or stalling).
- Shift smoothly to a lower gear before stopping.
- Release the throttle to shift.
- Stop smoothly, under control.

READ DIRECTIONS

- Ride around the perimeter to stop in single file at the double cones (point to cones, corner A).
- On signal, ride one at a time toward the stopping area. (Point to cones, Corner B).
- Shift to second gear.
- Begin to slow before the cones.
- Shift to first gear.
- Come to a smooth stop with the leading edge of your front tires at the cones.
- On signal ride around the perimeter and get back in line.

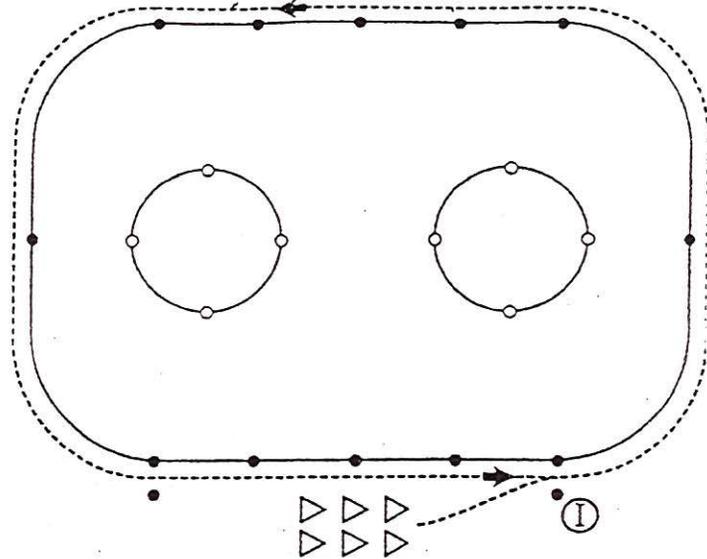
DEMONSTRATE EXERCISE WHILE RIDERS OBSERVE FROM THE INSTRUCTOR'S POSITION

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- Where do you look when you are braking?
- How do you apply the brakes?
- In a normal stop, when do you shift to first gear?

BRAKING



INSTRUCTOR NOTES

- Caution riders to keep proper distance while waiting in line.
- Remind riders using 4WD ATVs in 4-wheel drive mode that:
 - Use of only the front brake or only the rear brake has the effect of braking both front and rear wheels.
 - Abrupt deceleration of gear change (engine braking) will affect both the front and rear wheels.

TURNING

Time: 20 min.

READ OBJECTIVE

You should develop basic turning skills by shifting your weight properly to maintain balance and avoid the possibility of losing control of your ATV.

READ EVALUATION POINTS

- Keep feet on footrests.
- Assume proper riding posture.
- Slow prior to turning.
- Turn handlebars and look through the turn—head and eyes level.
- Lean into turn—apply pressure to outer footrest.
- Shift more weight inside or straighten handlebars if wheel starts to lift.
- Keep speeds low until technique is mastered.
- Maintain adequate following distance.

IDENTIFY THAT MOST ATVS HAVE SOLID REAR AXLES

EXPLAIN TURNING TECHNIQUE USING EVALUATION POINTS AS YOU GIVE STATIC DEMONSTRATION

READ DIRECTIONS

- On my signal, begin riding around the perimeter counter-clockwise.
- On signal, move off the perimeter and begin riding the oval, in second gear, demonstrating proper turning techniques.
- On signal, return to the perimeter.
- On signal, **REVERSE DIRECTION** and practice turning in the opposite direction.
- On signal, **REVERSE DIRECTION** and restage.

DEMONSTRATE EXERCISE IN BOTH DIRECTIONS

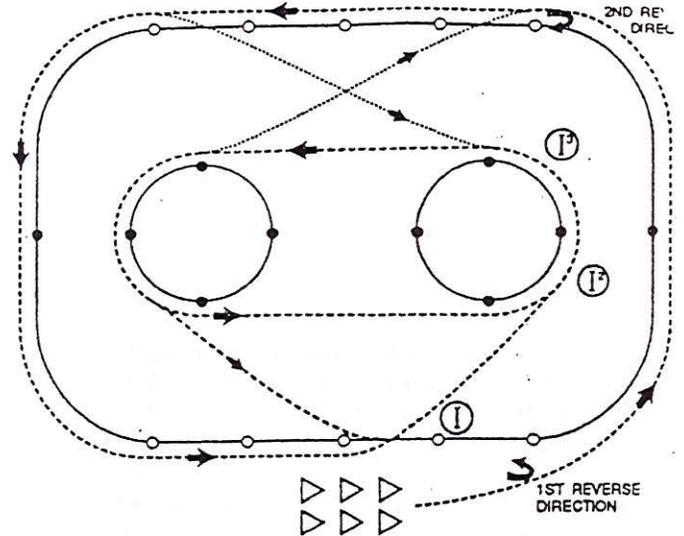
EVALUATE RIDER'S STATIC PRACTICE

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- Where should you be looking when making a turn?
- What is your body position when turning?
- Where are your feet during a turn?

TURNING



INSTRUCTOR NOTES

- Do not load more than 6 riders on the oval at a time.
- Keep weight low during demonstrations.
- To reverse direction - stop riders in a line on the perimeter near staging area. Direct first rider to make a U-turn—have the other riders follow.

RIDING CIRCLES & FIGURE 8

Time: 20 min.

READ OBJECTIVE

You should be able to turn the ATV by coordinating body position and speed to maintain balance while riding safely around circles and figure eights.

READ EVALUATION POINTS

- Feet on footrests.
- Assume proper riding posture.
- Look through turns.
- Lean in and unweight the inside wheels.
- Shift weight properly.
- Demonstrate smooth throttle control.
- Select safe gap on crossover using SIPDE.
- Rider on right has the right of way.
- Shift smoothly on perimeter.
- Maintain a safe following distance.

READ DIRECTIONS

- Begin riding the perimeter counterclockwise. Shift to a higher gear on the straightaways and slow before the turns by shifting to a lower gear.
- On my signal move to the circle riding counterclockwise. On signal you'll move back to the perimeter.
- On signal you'll return to the circle to ride it clockwise.
- On signal move back to the perimeter.
- After all riders have ridden both directions on the circle, on my signal stop on the perimeter, then ride the figure 8.

DEMONSTRATE CIRCLE LEFT/RIGHT

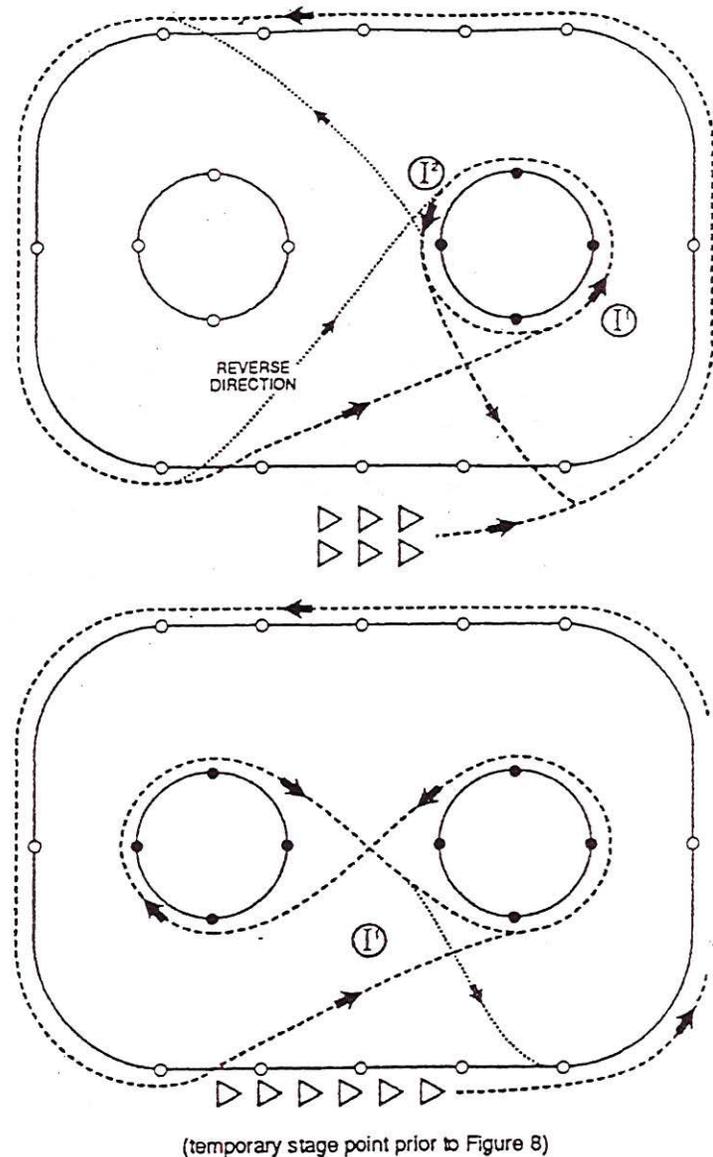
DEMONSTRATE FIGURE 8

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- How do you adjust your body position when a turn gets tighter?
- Does SIPDE work on the figure 8? Why?

RIDING CIRCLES & FIGURE 8



INSTRUCTOR NOTES

- Load no more than 4 riders on a circle.
- Load no more than 8 riders (maximum class size) on the figure 8.

- SHARP TURNS

Time: 15 min.

READ OBJECTIVE

You should be able to make sharp turns by coordinating braking, weight shift and throttle control to maneuver and maintain control of your ATV in tighter turns.

READ EVALUATION POINTS

- Feet on footrests.
- Assume proper riding posture.
- Use appropriate gear.
- Slow for sharp turns (use both brakes).
- Look through turn, lean in and unweight the inside wheels.
- Apply throttle on exit.
- Ride within limits of your ability.

READ DIRECTIONS

- Make a sharp turn around each corner cone at both ends of the range and around the offset cones in the center, using an appropriate gear.
- Slow by using brakes prior to turns.
- Look through the turn as you turn the handlebars and adjust riding posture.
- Apply throttle while exiting the turn.
- On signal, **REVERSE** the exercise and ride in the opposite direction.
- On signal, **REVERSE** the direction and stage.

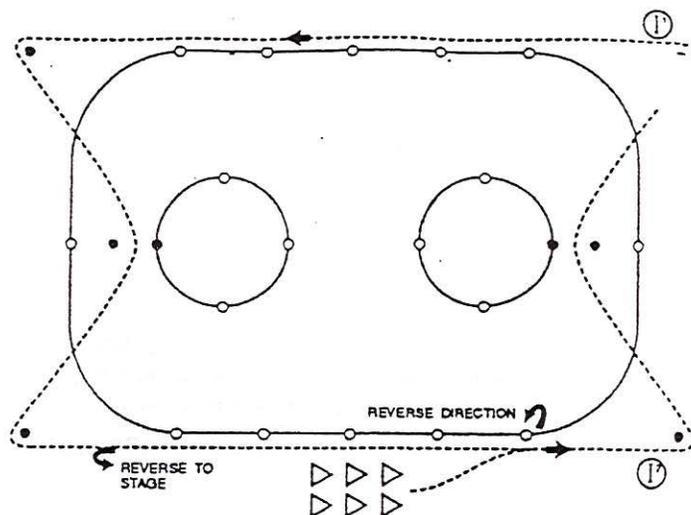
DEMONSTRATE EXERCISE IN BOTH DIRECTIONS

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- How do you slow for a sharp turn?
- Where do you look?
- How do you adjust your body position on a sharp turn?
- How do you exit a sharp turn?

SHARP TURNS



INSTRUCTOR NOTES

- Set mid-cones on their sides 10' past edge of circles (see range diagram).
- Keep speeds low.
- Remind riders using 4WD ATVs in 4-wheel drive mode that:
 - Use of only the front brake or only the rear brake has the effect of braking both front and rear wheels.
 - Abrupt deceleration of gear change (engine braking) will affect both the front and rear wheels.

QUICKER TURNS

Time: 20 min.

READ OBJECTIVE

You should be able to make quicker turns by coordinating speed, body position and weight shift to help you make quick directional changes to avoid an obstacle.

READ EVALUATION POINTS

- Feet on footrests.
- Assume proper riding posture.
- Coordinate weight shift and throttle on weave.
- Quickly shift weight to initiate the turn.
- Control speed.
- Maintain adequate following distance.

READ DIRECTIONS

- Weave between the cones in an appropriate gear.
- Shift your weight quickly to initiate the turn, while applying a short throttle burst to slide the rear wheels.
- Look well ahead for visual directional control.

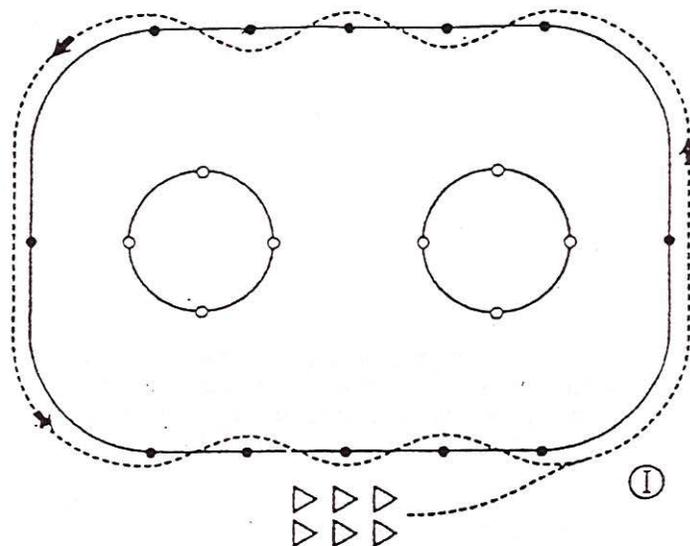
DEMONSTRATE EXERCISE

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- How do you turn your ATV more quickly?
- What do you do with the throttle during the quicker turn?
- How can you correct tipping?

QUICKER TURNS



INSTRUCTOR NOTES

- Set up a 20' weave on each side using five cones.

QUICK STOPS - STRAIGHT LINE AND TURNS

Time: 15 min.

READ OBJECTIVE

You should be able to make a quick stop in a straight line and in a turn to avoid hazards which may suddenly appear in your path.

READ EVALUATION POINTS

- Feet on footrests.
- Assume proper riding posture.
- Shift to a lower gear.

Straight Line

- Stop quickly under control in a straight line.
- Keep head and eyes up—look well ahead.

Turns

- Look through the turn—head and eyes level.
- Lean to the inside of the turn.
- Straighten handlebars if tipping.

READ DIRECTIONS FOR QUICK STOPS IN A STRAIGHT LINE

- Ride around the perimeter to stop in a single file at corner A. (point to cones).
- On signal, ride toward the stopping area in second gear.
- On signal, stop in the shortest possible distance.
- Shift to first gear and remain stopped until directed to the starting point.
- After practicing straight-line stops, you will practice quick stops in a turn.

DEMONSTRATE QUICK STOP IN A STRAIGHT LINE WHILE RIDER'S OBSERVE FROM INSTRUCTOR POSITION.

READ DIRECTIONS FOR QUICK STOPS IN A TURN FROM STOPPED POSITION

- Ride into the turn in second gear.
- On command, apply both brakes while leaning to the inside of the turn.
- Keep your head and eyes up.
- Keep your feet on the footrests.

GIVE STATIC DEMONSTRATION OF BODY POSITION FOR QUICK STOP IN A TURN

DEMONSTRATE QUICK STOP IN A TURN (LEFT AND RIGHT) WHILE RIDER'S OBSERVE FROM INSTRUCTOR POSITION

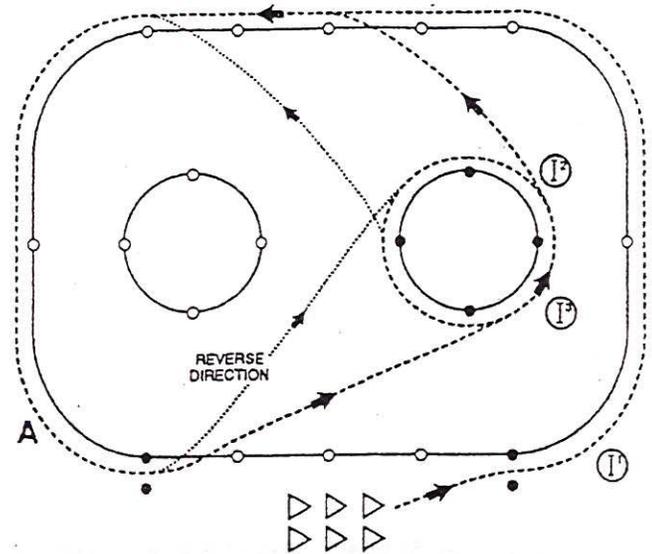
EVALUATE RIDER'S STATIC PRACTICE

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- How do you use the brakes to make a quick stop in a straight line? In a turn?
- How do you maintain directional control during a quick stop?
- What is the proper riding posture for a quick stop in a straight line? In a turn?
- When should you shift gears during a quick stop?

QUICK STOPS - STRAIGHT LINE AND TURNS



INSTRUCTOR NOTES

- Begin with lower speeds until riders are familiar with the maneuver.
- Shifting to a lower gear can occur during or at the stop.
- Remind riders using 4WD ATVs in 4-wheel drive mode that:
 - Use of only the front brake or only the rear brake has the effect of braking both front and rear wheels.
 - Abrupt deceleration of gear change (engine braking) will affect both the front and rear wheels.

EMERGENCY STOPS/SWERVES

Time: 20 min.

READ OBJECTIVE

You should be able to make emergency stops and emergency swerves to avoid unexpected hazards when riding.

READ EVALUATION POINTS

- Feet on footrests.
- Assume correct riding posture.

Emergency stops:

- Head and eyes up.
- Apply brakes firmly—do not grab.
- Stop in a straight line.
- Shift to a lower gear.

Swerves:

- Look in direction of swerve.
- Shift weight to the inside of the turn.
- Do not tip.
- Do not brake while swerving.

READ DIRECTIONS

- Ride around the perimeter to stop at corner (point to cones at corner A).
- On command, ride toward the cones in an appropriate gear.
- On signal, swerve left or right or stop in the shortest possible distance.
 - If signaled to swerve, complete the swerve in the direction indicated, then come to a smooth controlled stop next to me.
- On signal, continue around perimeter.
- Begin with lower speeds until you are familiar with the maneuver.
- Don't try to anticipate the signal.

DEMONSTRATE EMERGENCY STOP WHILE RIDERS OBSERVE FROM INSTRUCTOR POSITION

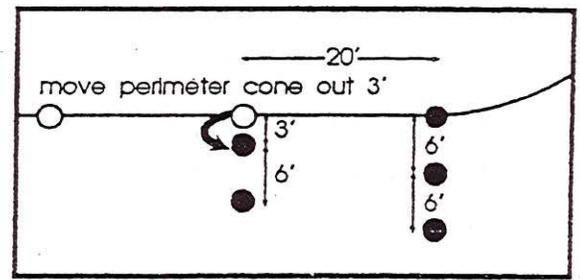
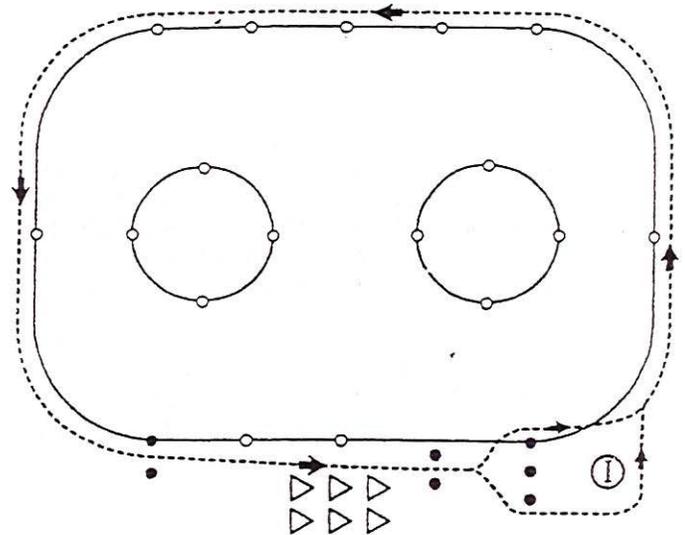
DEMONSTRATE SWERVE IN EACH DIRECTION WHILE RIDERS OBSERVE FROM INSTRUCTOR POSITION

CONDUCT EXERCISE

ASK SUMMARY/DEBRIEF QUESTIONS

- What may be the consequences of braking while swerving?
- What are two steps to swerve an ATV?

EMERGENCY STOPS/SWERVES



INSTRUCTOR NOTES

- Instructor position is at least 15' behind the 3 cones blocking the path of travel.
- Give stop/swerve signal before rider reaches cue cones.
- Position yourself far enough back so that riders can easily stop next to you without braking during the swerve.
- Remind riders using 4WD ATVs in 4-wheel drive mode that:
 - Use of only the front brake or only the rear brake has the effect of braking both front and rear wheels.
 - Abrupt deceleration of gear change (engine braking) will affect both the front and rear wheels.

U-TURNS/TRAVERSING HILLS

Time: 15 min.

1. READ OBJECTIVE

You should be able to ride up, traverse and ride down a hill using the proper techniques to help you safely ride on hilly terrain.

2. READ EVALUATION POINTS

- Assume proper riding position.
- Stand on footrests.
- Use appropriate gear to go up hill.
- Have momentum to go uphill.
- Demonstrate proper weight shift (always keep weight uphill).
- Slow descent with gradual braking in a lower gear.

3. READ DIRECTIONS

- Use a lower gear to climb a hill.
- Start your approach to the hill by accelerating before the base so that you maintain momentum.

U-TURN

- Ride straight up the hill standing on footrests, keeping your weight uphill.
- Turn the ATV to the left in an arc before you reach the top, keeping your weight uphill.
- Keep turning, using the remaining momentum so that you are facing downhill. Keep your weight to the uphill side and control your speed.
- After practicing turns to the left, you will REVERSE DIRECTION and practice turning to the right and stopping at the cones by gently applying the brakes.

TRAVERSE

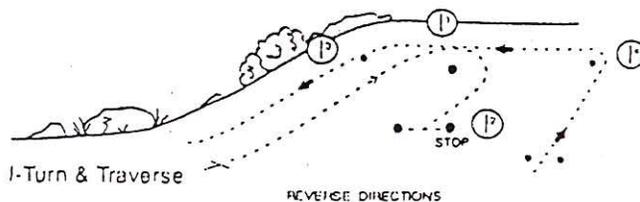
- Ride straight up the hill standing on the footrests and turn your ATV to the left before reaching the top.
- Ride straight across the hill, turning the ATV to the left and ride down again.
- If necessary, steer with the front wheels turned slightly uphill while traversing to keep the ATV traveling straight across the hill.
- After several traverses to the left you will be directed to REVERSE DIRECTION and repeat the exercise to the right.

IF YOU ARE RIDING UPHILL AND LOSE ALL FORWARD MOMENTUM:

- Keep your weight uphill, and apply both brakes and come to a stop. Never allow the ATV to roll backward.
- Apply the parking brake, dismount to the uphill side, following the procedure described in your owner's manual.
- If the ATV starts to roll backwards, dismount to the uphill side immediately.

4. GIVE STATIC DEMONSTRATION

- U-TURNS/TRAVERSING HILLS



5. DEMONSTRATE EXERCISE TO THE LEFT/RIGHT WHILE RIDERS OBSERVE FROM THE INSTRUCTOR POSITION

6. HAVE RIDERS CHECK PARKING BRAKE

7. EVALUATE RIDER'S STATIC PRACTICE

8. CONDUCT EXERCISE

9. ASK SUMMARY/DEBRIEF QUESTIONS

- How do you approach a hill?
- What is the advantage of standing on the footrests?
- What does accelerating before the base accomplish?
- Where do you place your weight when going up or down a hill?
- Why would you turn the wheels slightly uphill while traversing?
- Where do you look while traversing a hill?
- Why is momentum so important?

INSTRUCTOR NOTES

- Check parking brakes before hill exercises.
- Select an easy hill, check for obstacles or hazards.
- Remind riders using 4WD ATVs in 4-wheel drive mode that:
 - Use of only the front brake or only the rear brake has the effect of braking both front and rear wheels.
 - Abrupt deceleration of gear change (engine braking) will affect both the front and rear wheels.
- Start riders one at a time; have them ride a continuous circuit as skills increase.

CIRCUIT OR TRAIL RIDE

Time: 15 min.

1. READ OBJECTIVE

You should practice the application of the strategy SIPDE that leads to safe and responsible riding practices.

2. READ EVALUATION POINTS

- Follow rules and maintain a safe environment.
- Ride within abilities.

3. READ DIRECTIONS

- Perform brief T-CLOC.
- Ride the route following behind one another.
- Use proper riding techniques.
- Discuss experiences and review use of SIPDE at stops.
- Rules:
 - Follow at a safe distance.
 - No passing.
 - If a problem occurs, stop and wait for help.
 - Do not perform a maneuver or skill that you feel is beyond your ability.
 - Stop only at designated points or for an emergency.
- Additional rule for Trail Ride
 - At turns, be sure rider behind knows path.

4. CONDUCT CIRCUIT OR TRAIL RIDE

5. ASK SUMMARY/DEBRIEF QUESTIONS

- How did you use SIPDE?
- How are you more aware of the environment?

COMPLETE STUDENT PERFORMANCE EVALUATION

INSTRUCTOR NOTES

- Feature skills that are no more advanced than those practiced in the course.
- Ride within the abilities of the least proficient rider (consider rider skill, type of ATV, terrain). Keep speed low.
- Consider rider fatigue from previous riding.
- Put the least proficient rider immediately behind you.
- Check the group often between stops if going on trail ride.
- Carry first aid supplies and tools if going on trail ride.

WRAP-UP & REVIEW

Time: 5 min

READ OBJECTIVES

You will review the course and receive completion materials.

READ EVALUATION POINTS

- Identify risks.
- Identify ways to manage risk.
- Identify how to ride responsibly.

BRIEFLY REVIEW

- Risk Awareness
 - CPSC accident statistics
- Risk Management
 - Protective gear
 - SIPDE
 - CPSC Safety Alert recommendations
- Safe and Responsible Riding Practices
 - TREAD Lightly

ASK SUMMARY/DEBRIEF QUESTIONS

- What risks can be associated with riding an ATV?
- How can a rider reduce risk?
- What are some characteristics of riding responsibly?
- What local laws apply to ATV operation?
- How can you continue to practice the skills you learned here today?

5. BE SURE RIDERS HAVE:

- ATV Rider's Handbook
- Student Completion Card / Performance Evaluation Card

6. OFFICIALLY DISMISS CLASS WITH THIS STATEMENT:

It is our hope that by presenting these responsible viewpoints on safety we will expose riders and the general public to proper and prudent ATV operation... We're here to assist your learning, we cannot guarantee it. Only you can. Class dismissed.

INSTRUCTOR NOTES

- Conduct this lesson in a "classroom" area
- Have ready for distribution:
 - ATV Riders Handbook
 - Student Completion Card / Performance Evaluation Card