Name ______________________________________________________

Age (as of January 1 of the current year) __________________________________________

Club name _________________________________________________________________

Advisor name ______________________________________________________________

County ________________________________________________________________
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Introduction

Riders must be educated about safe operation of ATVs. Some riders feel they can properly operate large, powerful machines without training or instruction. Taking this risk can lead to death or injury. According to the Consumer Product Safety Commission, more than 9,633 ATV-related deaths have occurred since the early 1980s.

Some riders without training may operate ATVs safely enough to avoid mishaps. However, well-trained riders have more knowledge and skills to offset risk factors. When it comes to ATV use, the norm should be for everyone to be well-trained, to ride at appropriate speeds, and to avoid risks.

Parents and other caregivers must do their part to ensure safe use of ATVs. Adults in the lives of youth need to supervise riders directly, ensure they wear proper gear, and follow safe riding practices. Parents, caregivers, and 4-H advisors should not underestimate the risks of riding improperly or overestimate the skills of young riders.
Welcome to ATV Safety! In this project, you will learn about proper ATV riding techniques and safety practices. By completing the activities in this book, you will be exposed to ways of safely operating an ATV.

This project covers getting familiar with your ATV, protective gear, riding techniques, safe strategies and safe practices, and respecting the environment in which you ride. It is appropriate for youth of all ages and can easily be completed in one year. Members who want to repeat the project may do so as long as they complete a new project book with different learning experiences, different leadership/citizenship experiences, and a new practice and riding record.

Check your county’s project guidelines (if any) for completion requirements in addition to the ones below, especially if you plan to prepare an exhibit for the fair.

4-H members are encouraged to enroll in the ASI RiderCourse offered through Ohio State University Extension. See www.ag.ohio-state.edu/~4heng/ATV/atvresource.htm. Other course offerings can be found at www.atvsafety.org.

Project Guidelines

It is very important for you to select a knowledgeable adult who is available to be your project helper. Once you have identified that person, record his or her name and contact information here:

My project helper: __________________________________________

Best way to reach my project helper: ___________________________

Step 1: Complete the safety pledge, the project activities, the practice pages, and the practice and riding record.

Step 2: Take part in at least two learning experiences.

Step 3: Become involved in at least two leadership/citizenship experiences.

Step 4: Write a project summary and take part in a project review.
Step 1: Project Activities

Complete the safety pledge, all nine activities, the practice pages, and the practice and riding record. The “More Challenges” activities are optional. When you begin an activity, jot down the date you start it. When you finish an activity, review your work with your project helper. Then ask your project helper to initial and date your accomplishment.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date Started</th>
<th>Date Completed</th>
<th>Project Helper's Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety Pledge</td>
<td></td>
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<tr>
<td>Project Area: Dressing Like a Pro</td>
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<tr>
<td>Activity 1: Joe vs. Pro</td>
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<tr>
<td>Activity 2: Covering Your Cranium</td>
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<tr>
<td>Project Area: In Control</td>
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<tr>
<td>Activity 3: Too Big, Too Small, or Just the Right Size?</td>
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<tr>
<td>Activity 4: Staying in Control</td>
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<tr>
<td>Project Area: Start Your Engines</td>
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<tr>
<td>Activity 5: Revving-Up Your ATV</td>
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<td>Project Area: Ready to Ride</td>
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<tr>
<td>Activity 6: Let’s Start Riding</td>
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<tr>
<td>Activity 7: Survey the Land</td>
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<tr>
<td>Practice Pages</td>
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<tr>
<td>Practice 1: Stop, Go, Stop, Go</td>
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<tr>
<td>Practice 2: Turning on a Dime</td>
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<tr>
<td>Practice 3: Quicker and Sharper Turns</td>
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<td>Practice 4: Didn’t See That Coming</td>
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<td></td>
</tr>
<tr>
<td>Activity 8: Always Be Prepared</td>
<td></td>
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<tr>
<td>Activity 9: Where to Ride, Where Not to Ride</td>
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</tr>
<tr>
<td>Practice and Riding Record</td>
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</tbody>
</table>
Step 2: Learning Experiences

Learning experiences are meant to complement project activities, providing the opportunity for you to do more in subject areas that interest you. What are some learning experiences you could do to show the interesting things you are learning about? Here are some ideas:

- Tour a local ATV dealer.
- Explore the history of ATVs.
- Make a display on ATV safety and contact a local dealer about displaying it in their store.
- Complete a trail ride (with proper adult supervision) using the proper techniques.
- Complete the ASI RiderCourse.
- Make a display explaining T-CLOC, BONE-C, SIPDE, or TREAD Lightly!
- Complete the ATV Safety Institute (ASI) online course at www.atvsafety.org.
- Make a display of the types of approved helmets.
- Research information on public trails in your state.
- Learn more about SVIA and ASI.
- Play games, puzzles, or quizzes on the National 4-H ATV safety program website.
- Plan your own learning experience.

Once you have a few ideas, record them here. Complete at least two learning experiences. Describe what you did in more detail and ask your project helper to date and initial in the appropriate spaces below.

<table>
<thead>
<tr>
<th>Plan to Do</th>
<th>What I Did</th>
<th>Date Completed</th>
<th>Project Helper's Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example: Demonstration</strong></td>
<td>Showed club members the proper attire needed for safely riding an ATV.</td>
<td>5/5/YR</td>
<td>K.H.</td>
</tr>
</tbody>
</table>
### Step 3: Leadership/Citizenship Activities

Choose at least two leadership/citizenship activities from the list below (or create your own) and write them in the table below. Record your progress by asking your project helper to initial next to the date each one is completed. You may add to or change these activities at any time. Here are some examples of leadership/citizenship activities:

- Give a demonstration on ATV safety.
- Participate in county ATV judging.
- Exhibit project at county fair.
- Research the different ATV manufacturers.
- Assist an ASI instructor with ATV RiderCourse training.
- Encourage a friend to take an ATV project.
- Volunteer to pick up trash along a local ATV trail.
- Plan your own leadership/citizenship activity.

<table>
<thead>
<tr>
<th>Leadership/Citizenship Activity</th>
<th>Date Completed</th>
<th>Project Helper's Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Organized a club field trip to a local ATV dealer.</td>
<td>5/19/YR</td>
<td>T.D.</td>
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</tbody>
</table>
Step 4: Project Summary and Review

Before your project review use this space to write a brief summary of your project experience. Be sure to include a statement about the skills you have learned and how they may be valuable to you in the future.

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Set up a project evaluation. Completing a project review helps you evaluate what you have learned and assess your personal growth. You can do this with your project helper, club advisor, or another knowledgeable adult. It can be part of a club evaluation or it can be part of your county’s project judging.
Safety Pledge

The first requirement for completing this project is signing the safety pledge. Riding an ATV can be more demanding than driving a car. You have to be in good physical and mental condition and be well-rested to ride safely. Whenever you ride, your safety and the safety of those around you is of the utmost importance. You also must be mindful of people’s property and the environment.

The ATV Safety Institute asks all ATV riders to follow the “golden rules” listed below.

The ATV Safety Institute’s Golden Rules

1. Always wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.
2. Never ride on paved roads except to cross when done safely and permitted by law—another vehicle could hit you. ATVs are designed to be operated off-highway.
3. Never ride under the influence of alcohol or drugs.
4. Never carry a passenger on a single-rider ATV, and no more than one passenger on an ATV specifically designed for two people.
5. Ride an ATV that’s right for your age.
6. Supervise riders younger than 16; ATVs are not toys.
7. Ride only on designated trails and at a safe speed.
8. Take a hands-on ATV RiderCourse* and the free online e-course. Visit www.atvsafety.org or call 1-800-887-2887.

*I taking an ATV RiderCourse is recommended, but it is not required for the successful completion of this project. To see if an ATV RiderCourse sponsored by Ohio State University Extension is being offered near you, contact your local Extension office.

I agree to follow the ATV Safety Institute’s Golden Rules, always operating my ATV in a safe, responsible, and courteous manner that protects my safety, the safety of those around me, the personal property of others, and the environment.

Member’s signature ___________________________ Date __________
Witness (parent/guardian, project advisor, or club leader) ___________________________ Date __________
Project Area: Dressing Like a Pro

**Activity 1: Joe vs. Pro**

Full enjoyment of your ATV requires some of the same kind of precautions associated with other sports and recreational activities. Proper protective gear when operating an ATV is just as important as it is when, for example, playing football. Knowing what to wear and how to wear it can make you more comfortable when you ride and will reduce the chance of injury in case of a spill.

**Learning Outcomes**
- Project skill: Selecting the proper gear needed when riding an ATV
- Life skill: Preventing personal injury
- Success indicator: Wear proper protective gear when riding an ATV

Words that appear in red throughout this book indicate terms that are defined in the glossary.
**What to Do**

**Step 1:** Make a list of all the protective gear you think is needed for riding an ATV. Some pieces of gear are recommended each time you ride an ATV, while others—such as chest protectors, riding boots, and mouth protection—are optional and provide extra protection.

**Step 2:** Place an X next to each item to show you already have it at home or still need it.

**Step 3:** Visit local ATV supplier locations to purchase the gear you still need.

<table>
<thead>
<tr>
<th>Item</th>
<th>Have</th>
<th>Need</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Required</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helmet</td>
<td></td>
<td></td>
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<tr>
<td>Gloves</td>
<td></td>
<td></td>
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<tr>
<td>Goggles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long sleeves</td>
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<tr>
<td>Long sturdy pants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Over the ankle boots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Optional</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chest protector</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riding boots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mouth protection</td>
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</tbody>
</table>

Project Sample
Activity 1

Talking It Over

SHARE Review your completed checklist. What is your assessment of your current supply of protective gear?
________________________________________________________________________
________________________________________________________________________

REFLECT Select one item of protective gear and explain why it is important. *(If you repeat this project, choose different gear each year.)* Share this information with a family member.
________________________________________________________________________
________________________________________________________________________

GENERALIZE What could happen if you were involved in an ATV accident and you were not wearing protective gear?
________________________________________________________________________
________________________________________________________________________

APPLY What would you say if a friend asked you to go riding without any protective gear?
________________________________________________________________________
________________________________________________________________________

More Challenges

What kind of “competition apparel” is required when participating in an official ATV race? Find out the specifications and share them with your club. A good place to start is the rulebook of the American Motorcycle Association, which is available online at www.ama-cycle.org/rulebooks.
Background

The single most important piece of protective gear you can wear while riding an ATV is a **helmet**. A good helmet helps prevent serious head injuries. Studies have shown that wearing a helmet does not reduce essential vision or hearing.

Being able to see clearly helps you ride more safely. Operating without **eye protection**, such as a face shield or goggles, can result in an accident and increases your chance of severe eye injury. Objects such as rocks, branches, and even bugs that hit you in the face can distract you, but if you are hit in the eye, you could be blinded. Regular sunglasses do not provide enough protection when riding an ATV.

Good gloves prevent your hands from getting sore, tired, or cold and offer protection in the event of a spill. Off-road style gloves provide the best combination of protection and comfort.

The most protective footwear is a pair of strong, over-the-ankle boots with low heels to help prevent your feet from slipping off the **footrests**. Off-road style ATV or motorcycle boots offer the best protection for your feet, ankles, and legs.

It is important to protect your skin from scratches. A long-sleeved shirt or jersey and long pants are minimum requirements for rider protection. Off-road riding gear—such as a jersey, shoulder pads, a chest protector, and off-road pants—provide better protection.

**Did You Know?**

Instead of wearing a loose scarf, which can get caught in an ATV’s moving parts, dress for cold weather with a turtleneck or neck warmer.

**Helper Hints**

It is important to stress that all protective gear needs to be worn anytime someone rides an ATV. This doesn’t necessarily mean looking like a racing pro, but simply means wearing basic protective clothing items that usually can be found at home in the closet.