



## ATV Safety Detailed Outline

### Chapter 1:

- Importance of Safety Training
- Hazard Assessment, Control & Elimination
- The Value of Life
- Communicating and Training
- Due diligence
- Documentation
- Competent person
- Attitude
- Culture

### Chapter 2:

- What is Safe?
- Legislation

### Chapter 3:

- Riding Strategies
- Mental Skills
- Riding Strategy: What is it & Why use it?
- Components of Riding Strategy
- The Rider
- Riding Hazards

### Chapter 4:

- Personal Protective Equipment
- Head Protection
- Clothing Considerations
- Clothing

### Chapter 5:

- Choosing the Right ATV
- ATV Pre-trip Inspection
- Mechanical Problems
- Other Concerns before Starting
- Reasons We Should Read the Manufacturer's Operating Manual
- Environment
- ATV Inspection Report

### Chapter 6:

- Rider Positioning
- Stretching
- Starting
- Traction
- Braking & Stopping
- Riding Concerns
- Summary

### Chapter 7:

- Riding Under Challenging Conditions
- Winching
- Choosing an Anchor Point
- Winching Basics
- ATV Loading/Unloading Procedures
- Load Securement

### Practical:

Every participant will:

- Complete a vehicle inspection form
- Review the safety rules
- Perform load securement measures
- Drive through the following courses
  - Cornering Course
  - Figure Eight Course
  - Speed & Braking Course
- Perform winching competency activities

**Appropriate footwear, clothing and PPE (helmet and gloves, etc.) are required**

