

# ***ATV Adventures! Fit To Ride***

## **Chapter Two**

### **Helmets and Other Safety Gear**

#### *Quick Prep for Instructors*

#### *Background Information*

Helmets are critical ATV safety gear. The majority of serious accidents happen when an ATV overturns or collides with something, and speed is often a major contributing factor. An accident at 30 mph could be fatal, and helmets often mean the difference between life and death. If a rider is thrown from an ATV, a helmet is his/her only defense against serious brain damage or even death.

Helmets made for bicycling, skateboarding, etc. should not be used since they lack face protection and the maximum ability to absorb impact. Riders should use helmets that are made specially for ATV use and comply with safety standards. (Look for helmets with a label from the American National Standards Institute, Department of Transportation, or the Snell Memorial Foundation to verify that the helmet has been safety tested.) Helmets also must fit the rider and be fastened correctly to be effective.

Other safety equipment includes goggles, chest protectors, long-sleeve shirts or jackets, riding gloves, riding pants, and boots. This equipment helps protect against road rashes, scrapes, bruises, and eye injuries. It's important to note that riders don't have to go out and buy special clothing. Shirts, jackets, and pants made from sturdy material are probably already sitting in a young rider's closet, and will provide adequate protection. Not owning the newest ATV fashions is no excuse for not wearing protective clothing!

#### *Major Points of Chapter Activities*

Both activities in this chapter emphasize safety gear use. Activity A uses a popular fashion show format, with a safety gear twist. Activity B is a gear scramble that helps get concepts across in a race format.

## Chapter Two

### Activity A CORE

### ATV Gear Up

**Objectives:** Participants are able to recognize ATV safety equipment and comprehend the need for its use.

**Life Skills:** Critical thinking, personal safety, communication

**ATV Safety Message:** Use your head—use your helmet, and wear protective equipment when riding!

**Number of Participants:** Four to 30    **Ages:** 4<sup>th</sup> to 10<sup>th</sup> grade    **Time:** 30 to 45 minutes

**Location:** Indoors or outdoors

**Teaching Strategies:** Adults and teens can plan this activity together and use their creativity to engage participants in the fashion show format.

**Materials Needed:**

\* Photocopy *ATV Gear Up Cards*    \* Appropriate *ATV Gear Up* music (pick any you like)

\* Music player (CD, tapes, etc.)    \* ATV Helmets    \* Goggles

\* Chest protector    \* Clothing such as long-sleeve shirts, riding gloves, riding pants, boots, and scarves/bandanas

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#### *Activity Background*

This activity combines ATV safety with a popular activity, a fashion show. It helps teach participants the importance of wearing safety gear while riding ATVs.

#### *Before You Begin*

Assemble the needed gear (see list in textbox above). You may wish to set aside an area as the stage for models, or actually design and decorate a stage.

#### *Start Here*

Explain to participants that when ATV riders suit up correctly, they *always* wear helmets. But other gear helps protect ATV riders, too.

#### *Do the Activity*

Ask for volunteers to model in the *ATV Gear Up*. You can use as many or as few as you wish (limit model numbers to amount of protective clothing available, however). Ask volunteer

#### **Teaching Tip**

Assemble a box of safety equipment to use for ATV activities. Shirts, pants, gloves, and boots don't have to be official ATV gear to provide protection. They just have to be sturdy and thick. Farm clothing – heavy jackets and boots – is an excellent alternative.

leaders to help each model put on one or more protective items backstage. (Note: All clothing can be worn over whatever the model is already wearing.) Volunteer leaders should also coach and help models walk out, one by one, on stage at the appropriate time.

When ready, start the music. As each model emerges, read (or have an older child read) the appropriate *ATV Gear Up Card*.

### *Reflect*

Thank all models for their efforts and let them join the rest of the group. Ask participants to name one of the pieces of equipment that they feel is most important and explain why. Be sure to point out that all of the gear is important, since it protects different body parts. Most people don't want to experience injuries anywhere!

### *Apply*

Explain these scenarios and ask:

- Imagine riding through a hay field that has just been cut. There are about a million grasshoppers jumping and flying around. Which protective clothing will help you weather this grasshopper deluge? (Helmets, goggles, and clothing such as long-sleeve shirts, scarves, and pants.)
- You are riding at a safe speed when it starts to rain. You are turning carefully but your ATV goes into a skid. You fall off. Which gear has given you some protection? (Helmet from bumps, clothing and gloves help protect against scrapes, chest protector helps if you hit something.)
- There is a light snow coming down. The trail is getting pretty slick but you are heading home slowly. Which gear is very important right now? (Helmets are always important! Gloves and boots help you keep your grip to control your ATV. Of course, in case of a spill, the helmet, clothing, and chest protector are always vital.)
- Why would people choose not to wear protective gear? (As reasons are listed, ask other participants if they think these issues outweigh overall safety. Let them debate.) Explain that most riders use protective gear, just like hunters use blaze orange or other brightly colored clothing in the field. It keeps them safe!
- How would you persuade someone to wear protective clothing while riding an ATV?

### *What Did We Learn?*

Fill in the matrix, evaluating how the group performed. Use the results to re-emphasize skills missed in future activities.

#### **Ideas to Involve Parents and/or Other Community Members**

Invite parents and other adults to the *ATV Gear Up!* Remind adults that they should *always* supervise young riders.

	Performed Well	No Opinion	Performed Poorly
Were able to recognize ATV safety equipment.			
Comprehended the need to use ATV safety equipment.			

Note: You may identify individuals who are having trouble understanding key points or gaining skills. Use teen or adult leaders to provide special help and encouragement to these individuals.

## Chapter Two

### Activity A CORE - ATV Gear Up Cards

<p><b>HELMET</b></p> <p>The must-have accessory at all times—the helmet! The helmet protects your brain and face. The outer shell of this miraculous item keeps things from piercing your face and skull. The inner liner absorbs impact, protecting your brain. But not just any helmet will do! Wear an ATV helmet that is certified for safety. It may have a face shield, which provides even more protection. Make sure it's the perfect fit for your head!</p>	<p><b>GOGGLES</b></p> <p>My, aren't these smart! These perform the important task of protecting your eyes. Think how many bugs (and sticks and stones!) would end up in your eyes if it weren't for goggles! Goggles keep icky things out of your eyes and keep your vision clear so that you can ride safe! After all, you don't want to be picking a gnat off your eyeball and steering over bumps at the same time—guess what would happen!</p>
<p><b>BOOTS</b></p> <p>An over-the-calf boot with low heels keeps your feet from slipping off of the footrests, even when it's raining or wet. Boots also give you some support for your ankles, and help protect you from trail debris such as rocks and stones. Cowboy boots or other sturdy boots will work—you don't have to buy special riding boots. Don't they look nice!</p>	<p><b>CLOTHING</b></p> <p>Long-sleeve shirts and riding pants keep you from getting scratched. They absorb some impact, so they minimize bruises, too. Plus, they protect against nasty sunburns! And a scarf or bandana tied around your mouth keeps dirt and dust out!</p>
<p><b>GLOVES</b></p> <p>You need to get a grip! These gloves help you hold on and use the throttle, brake levers, and other parts of the ATV without slipping. They also give you some protection from scrapes in case of a fall. Use special gloves with padding on the knuckles and good grip.</p>	<p><b>CHEST PROTECTOR</b></p> <p>Many people choose to wear chest protectors. They help protect you in case of spills, absorbing shock and protecting you from being pierced by tree limbs or other objects. Still, they aren't indestructible, and neither are you—ride safe!</p>