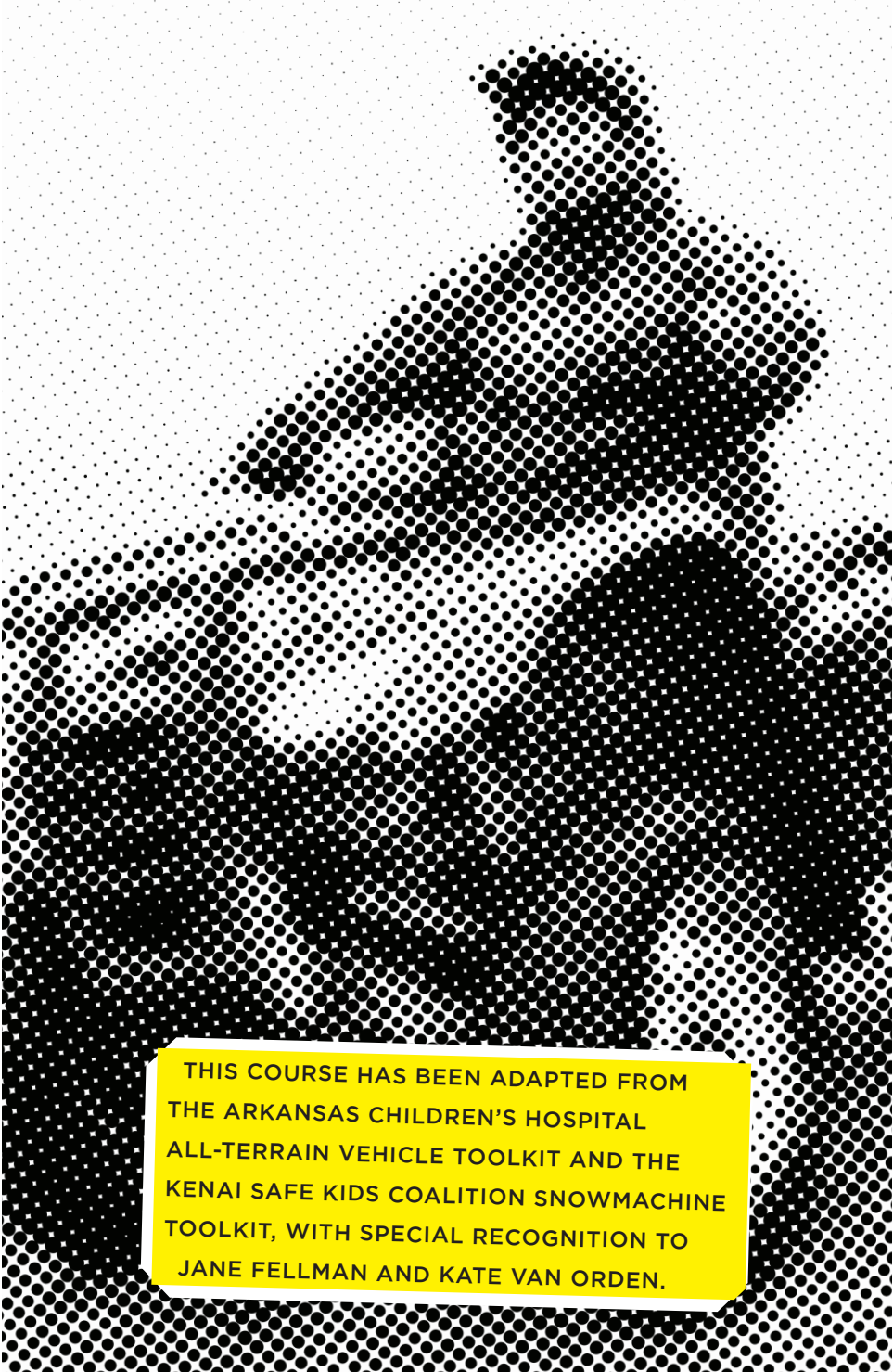


K-5 Edition

# ALL-TERRAIN VEHICLE

ATV SAFETY COURSE





THIS COURSE HAS BEEN ADAPTED FROM  
THE ARKANSAS CHILDREN'S HOSPITAL  
ALL-TERRAIN VEHICLE TOOLKIT AND THE  
KENAI SAFE KIDS COALITION SNOWMACHINE  
TOOLKIT, WITH SPECIAL RECOGNITION TO  
JANE FELLMAN AND KATE VAN ORDEN.

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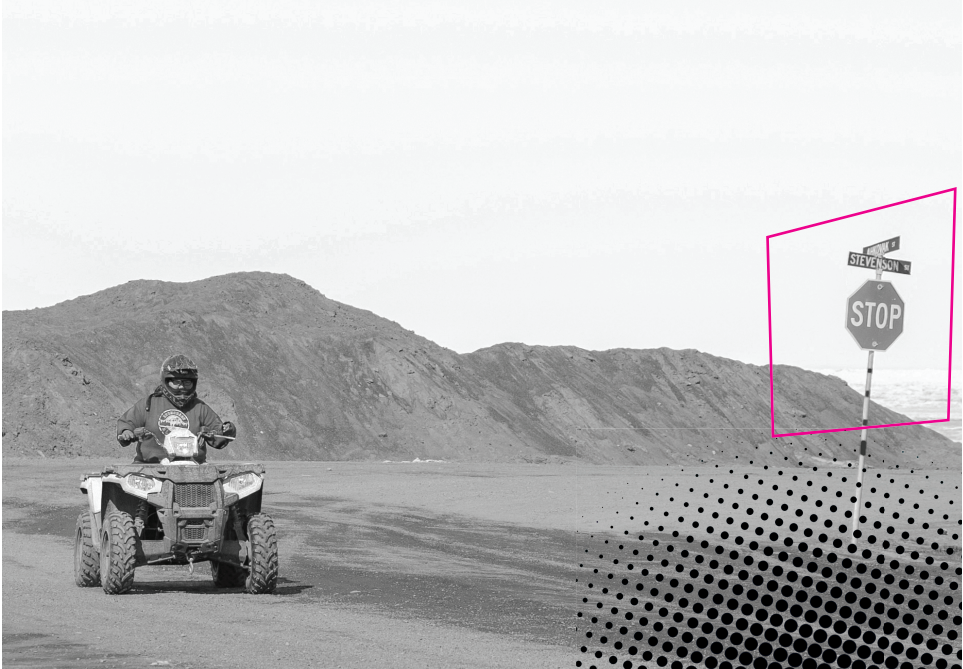
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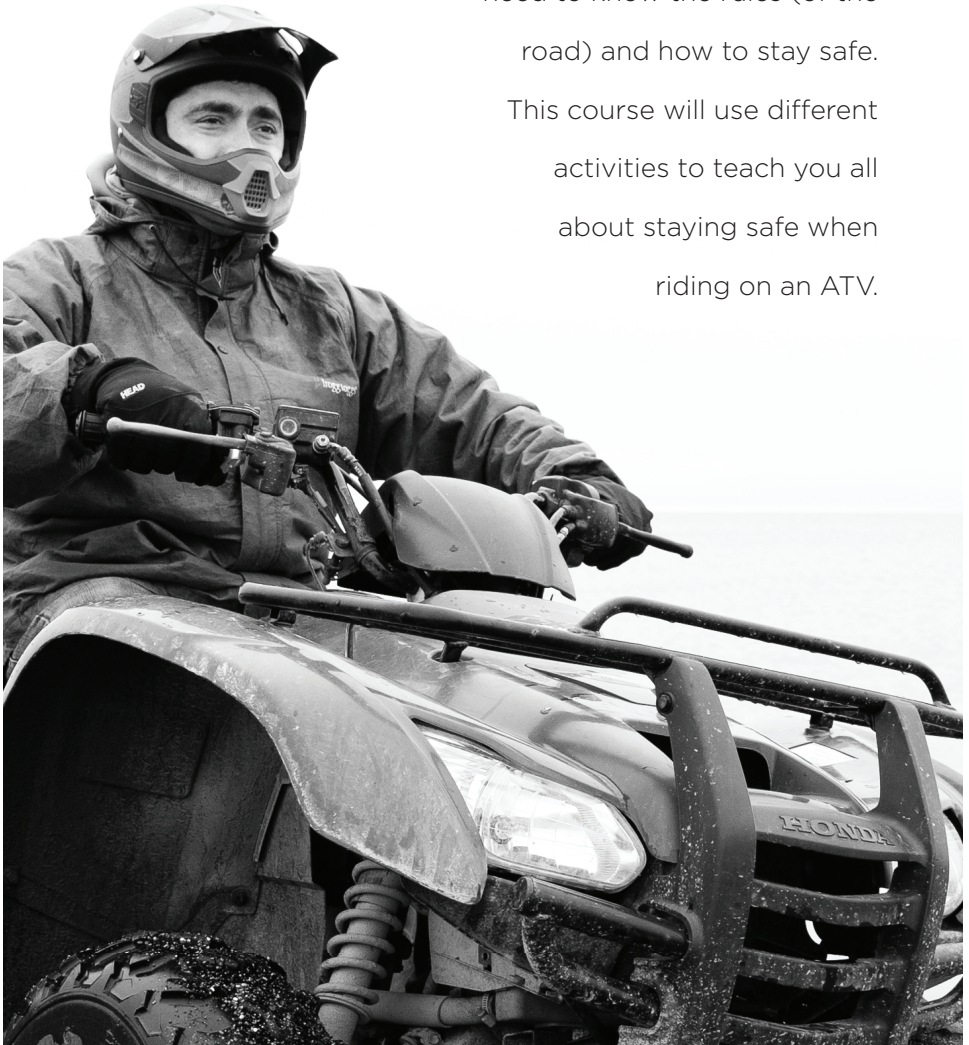
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# ATV SAFETY COURSE

Riding on an ATV is a great way to get around and have fun. But before you get on an ATV, you need to know the rules (of the road) and how to stay safe. This course will use different activities to teach you all about staying safe when riding on an ATV.



# PRE-TEST

Circle the correct answer.

1. Helmets are the best way to protect your brain from getting hurt when riding on an ATV.

**TRUE**

**FALSE**

2. A helmet that fits your head should feel loose and wiggly.

**TRUE**

**FALSE**

3. Driving slow and following the rules will help keep you safe when riding an ATV.

**TRUE**

**FALSE**

4. You should wear a helmet every time you ride an ATV.

**TRUE**

**FALSE**

Fill in the blanks from the word bank below.

Word Bank

**Safe**  
**Snowy**

**Paved**  
**Stomach**

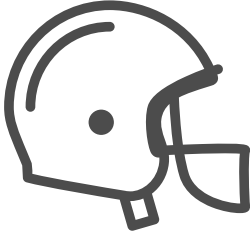
**Fast**  
**Brain**

5. A common injury kids can get when riding an ATV is to their \_\_\_\_\_.

6. You should drive your ATV at a \_\_\_\_\_ speed so that you do not crash or get hurt.

7. You should NOT drive your ATV on \_\_\_\_\_ roads.

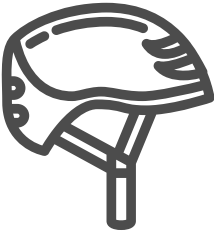
8. Match the helmet with the best description:



**FULL-FACED  
HELMET**



**BICYCLE  
HELMET**



**OPEN-FACED  
HELMET**



**FOOTBALL  
HELMET**

9. Which of the helmets above is the safest to wear when riding your ATV?

**a. Bicycle helmet**

**b. Open-faced helmet with  
a shield**

**c. Full-faced helmet with a  
shield**

**d. Football helmet**



# INJURIES & ATVS

## LESSON 1

ATV crash injuries can range from simple to very serious with problems that can last forever.

ATV crashes cause damage to the ATV, the body, and the internal organs.

### ACTIVITY: ATV MAZE

Help the ATV driver get home safely.



Read this section with  
someone at home.

## **BRAIN INJURIES ARE ONE OF THE MOST COMMON CAUSES OF INJURY IN ALASKA.**

There are many different levels of injury. Sometimes, an injury can be not too bad, like a bump on the head. These injuries typically heal without any further problems.

Sometimes, an injury can be really bad, and you need to go to the hospital. These injuries can sometimes leave you with problems for a long time, and even for the rest of their life.

Hurting your brain can even change who you are. It can change your behavior, the way you think, and the way you act.

When a child gets really hurt, it can affect everyone. It can even hurt mommies, daddies, brothers, sisters, friends, teachers, community members.

In an ATV crash, there are three different things that can get injured. First, the ATV vehicle itself can get damaged in a crash. Second, the human body can get damaged as it hits the vehicle or another object, like the ground or a tree. Third, the internal organs, like your heart, your lungs, or your brain, can get damaged as they hit other organs or your bones.

# HELMET USE

## LESSON 2

It is important to always wear a good, well-fitting helmet when riding an ATV to protect you from injury!

### ACTIVITY: COLOR YOUR HELMET

Remember to use bright colors so drivers can see it!



Read this section with someone at home.

## A HELMET HAS MANY IMPORTANT JOBS TO PROTECT YOU WHEN YOU RIDE AN ATV. IT'S MOST IMPORTANT JOB IS TO PROTECT BOTH YOU AND YOUR BRAIN FROM GETTING HURT.

A helmet has other jobs too. It protects your ears from the loud noises of the wind; it protects your eyes from the bad weather like snow and rain; it even protects your body from crashes with other ATV riders (because bright colored helmets are easy to see!).

Picking out your helmet can be fun and really cool too! But there three really important things to remember when picking out your helmet:

- a. Is this the right type of helmet?
- b. Will the helmet keep you safe?
- c. Does the helmet fit?

There are many different types of helmets for many different jobs: like a bicycle helmet for riding your bicycle, a sports helmet for playing sports, and an ATV helmet for riding on ATVs and other vehicles.

**Protection:** There are two special types of ATV helmets. A full-face helmet with a shield and an open-faced helmet with or without a shield.

A full-faced helmet does the best job to keep you safe. It protects your brain from a crash, your eyes from dust, your face from rocks and brush, and your mouth from dirt and even from bugs!

An open-faced helmet is not as safe. It can protect your brain and sometimes your eyes but it won't protect your face or your mouth at all!

**Fit:** When picking out a new helmet, an adult will measure around your head just above your eyes to find the right size.

You should try on a few helmets to find the right one. A good fitting helmet should not be so loose that it is wiggly on your head nor should it be so tight that it hurts. It should fit just right!

# BASIC ATV SAFETY

## LESSON 3

It is really important to drive your ATV at a safe speed. This will prevent you from crashing your ATV and getting hurt!

### ACTIVITY: SPOT THE DIFFERENCE

Spot all the UNSAFE differences in the two pictures of ATV driving.



Read this section with  
someone at home.

**WHEN YOU ARE DRIVING YOUR ATV, IT IS VERY IMPORTANT TO PAY ATTENTION TO HOW FAST YOU ARE GOING.**

You should always drive your ATV at a safe speed to avoid crashing and hurting yourself.

The faster you drive, the worse the crash will be. So, we have to be careful, drive slow, and stay safe!

Safe speeds can be different depending on where and when you are driving your ATV. There are three important things that help determine what is the safest speed to drive:

**Road/Trail**

- Type: ice, snow, gravel, dirt, pavement
- Characteristics: uneven, rough, slippery, steep, sharp turns

**Traffic**

- People, vehicles, machines

**Visibility**

- Weather: rain, snow, wind, darkness/nighttime
- Terrain: hills, brush, trees, mountains
- Buildings: homes, schools, stores

# FOLLOW THE RULES

## LESSON 4

ATVs come in different shapes and sizes.

Stickers on the ATVs help us know what the rules are for us to ride safely.

If we break the rules, it increases our chances of crashing and getting hurt.

### ACTIVITY: SIGN THE HELMET PROMISE

Promise to follow the most important ATV safety rule by writing your name and today's date.

**I promise to wear a helmet  
every time I ride an ATV.**

\_\_\_\_\_

Name

\_\_\_\_\_

Date

**Read this section with someone at home.**

**THE MANUFACTURER (OR THE PEOPLE WHO MAKE THE ATV) DECIDES THE SIZE AND THE AGE OF THE RIDER FOR THE ATV. THERE WILL BE SPECIAL STICKERS ON YOUR ATV THAT TELL YOU THIS INFORMATION.**

ATVs come in different shapes and sizes.

ATVs are made special for a particular driver. In order to safely drive an ATV, the driver has to be the right size and the right age to ride the machine.

In general, children must be tall enough to reach all the levers and brakes in order to drive the ATV safely. AND, to drive an ATV by yourself, you should be sixteen years old.

If you are too small or too young to drive an ATV, you are more likely to crash and get hurt!

ATVs come in different shapes and sizes.

ATVs are made special for a specific number of passengers and cargo weight. In order to safely drive an ATV, there cannot be too many passengers or too much weight on the ATV.

The manufacturer (or the people who make the ATV) decides the number of passengers and the maximum weight the ATV. There will be special stickers on your ATV that tell you this information.

In general, you should only be a passenger on the ATV if it is built to carry passengers. AND, you should not put too much cargo on the ATV so that it is too heavy to drive.

If there are too many passengers or there is too much cargo, you are more likely to crash and get hurt!



# POST-TEST

Circle the correct answer.

1. Helmets are the best way to protect your brain from getting hurt when riding on an ATV.

**TRUE**

**FALSE**

2. A helmet that fits your head should feel loose and wiggly.

**TRUE**

**FALSE**

3. Driving slow and following the rules will help keep you safe when riding an ATV.

**TRUE**

**FALSE**

4. You should wear a helmet every time you ride an ATV.

**TRUE**

**FALSE**

Fill in the blanks from the word bank below.

Word Bank

**Safe**  
**Snowy**

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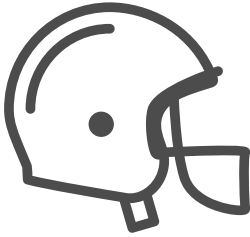
**Fast**  
**Brain**

5. A common injury kids can get when riding an ATV is to their \_\_\_\_\_.

6. You should drive your ATV at a \_\_\_\_\_ speed so that you do not crash or get hurt.

7. You should NOT drive your ATV on \_\_\_\_\_ roads.

8. Match the helmet with the best description:



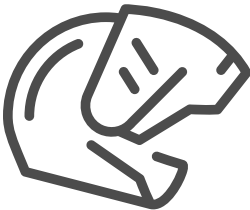
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HELMET**



**BICYCLE  
HELMET**



**OPEN-FACED  
HELMET**



**FOOTBALL  
HELMET**

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ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



FOR MORE INFORMATION, CONTACT  
ANTHC Injury Prevention Program  
[injuryprevention@anthc.org](mailto:injuryprevention@anthc.org)  
[anthc.org/helmetson](http://anthc.org/helmetson) | (907) 729-3799