ATV INSTRUCTOR'S LESSON PLAN

SUBJECT ATV Clothing	REVISED: 03-31-2008
TITLE OF LESSON Protective Clothing	DATE OF INSTRUCTION:
TIME PERIOD (TOTAL) 20 minutes	PLACE:
TRAINING AIDS: Helmets and goggles Riding apparel	TYPE OF LESSON E.D.O.C. LECTURE DISCUSSION PRACTICAL
OBJECTIVE(S) Know the protective gear ATV riders must wear and why.	
STUDENT REFERENCE Student Manual	

TIME	LESSON OUTLINE	AID CUES
0:00	E-Educate:	
	BackgroundATV riding can be dangerous. You must wear proper protective clothing to reduce the risk of injury.USE OF A HELMET IS THE SINGLE MOST IMPORTANT PIECE OF PROTECTION AN ATV RIDER CAN WEAR.D-Demonstrate	
	 <u>Helmets:</u> 1. Show different styles of helmets (full face, open, and half). 2. Safety standards-DOT, ANSI, Snell. 3. Fit-comfortable fit yet snug, securely fastened. 	Helmets (different styles)
	Eye Protection: Explain the importance of proper eye protection 1. Designed for off-road use (sand, bugs, dust, branches, etc.)	Goggles

	2. Ventilated	
	 Tinted-Explain different shades for different weather/lighting conditions. 	
	<u>Gloves:</u>	Gloves
	A good pair of gloves is essential for riding comfort. Off- road style gloves offer the best protection.	
	Offer protection from rocks, branches, or other debris, cold weather and handlebar fatigue.	Boots
	Boots:	
	As a minimum, over the ankle hiking style boots should be worn. The best protection is provided by off-road style ATV/motorcycle boots.	chest protector shin guards
	Outer Clothing:	riding
	Long sleeved shirt and pants offer minimal protection. Better protection is offered by a sturdy jacket or off-road style garments.	jacket/long sleeved shirt and pants
	Winter Riding:	Parito
10:00	Wind chill factor will have an affect on exposed skin at different speeds and air temperatures.	student manual
	Dressing in layers provides the best protection during winter riding.	
	<u>O-Observe</u>	
	Student demonstration using a junior instructor or volunteer, have them dress in minimal suggested clothing (helmet, goggles, long sleeves, long pants, gloves, boots).	
20:00	Ask students why each piece of clothing is important to safe ATV riding.	
	<u>C-Congratulate</u>	
	Congratulate students for providing input on the importance of protective clothing while operating an ATV.	