

INSTRUCTOR'S LESSON PLAN

SUBJECT HILLS, TRAVERSING SLOPES, GROUP RIDING		REVISED: 03-31-2008
TITLE OF LESSON INTERMEDIATE RIDING SKILLS		DATE OF INSTRUCTION:
TIME PERIOD (TOTAL) 10-30 minutes		PLACE:
TRAINING AIDS ATV Student Safety Manual	TYPE OF LESSON <input type="checkbox"/> E.D.O.C. <input type="checkbox"/> LECTURE <input type="checkbox"/> DISCUSSION <input type="checkbox"/> PRACTICAL	
OBJECTIVE(S) Learn how to climb a hill. Understand the method for descending a hill properly. Learn the techniques used when traversing a slope.		
INSTRUCTOR REFERENCE ATV Safety Manual Lesson Plan		
STUDENT REFERENCE Student manual, Practice Sessions		

TIME	LESSON OUTLINE	AID CUES
0:00	<p><u>E-EDUCATE</u></p> <p>Going up hill, going down hill, and going across a hill. These three skills are critically important and that is why they are being covered again.</p> <p>Serious injury is possible IF you do not become highly skilled in riding in these conditions.</p> <p><u>D-DEMONSTRATE</u></p> <p><u>CLIMBING A HILL</u></p> <p>If the hill looks too steep, it is. Use good judgement.</p> <p>Never ride past the limit of your ability and visibility.</p> <p>Keep your weight forward (up hill) at all times when climbing.</p>	<p>Static demo on ATV by instructor</p>

WHEN APPROACHING A HILL YOU MUST:

Keep both feet on the footrests.

Shift the ATV into a low gear and speed up BEFORE ascending the hill.

Shift body weight forward.

Small Hills - Slide forward in the seat.

Steep Hills - Stand on footrest and lean well forward.

If you cannot make it up the hill:

Still moving forward - turn gently and go back down.

Stalling - Apply Parking brake; dismount to the uphill side;

NEVER GO BACKWARDS DOWN A HILL

Perform a Y-Turn (K-Turn) – demonstration

Check current student manual for description.

(see attachment)

GOING DOWN A HILL

Keep both feet on the footrests.

Point the ATV directly down hill.

Transfer weight to the rear.

Shift transmission (automatic and manual) into low gear, descend hill with throttle closed.

Apply rear or both brakes, never use front brakes alone.

TRAVERSING A SLOPE

Traversing a slope means to go across it; useful on steep slopes if the terrain permits safe traversing - avoid wet, slippery, and rocky slopes.

Keep both feet firmly on the footrests.

Lean up hill - lean body weight towards the uphill side.

May need to turn wheels slightly up hill if terrain is soft.

If ATV begins to tip, turn front wheel slightly downhill. **IF IN DOUBT, DISMOUNT ON THE UPHILL SIDE IMMEDIATELY.**

	<p><u>GROUP RIDING</u></p> <p>TAILGATING:</p> <p>When riding with others in single file:</p> <ul style="list-style-type: none"> • Go through a <u>pre-ride inspection</u> procedure before every ride. <p>(Brakes, lights, controls, tires, wheels, chassis, etc.)</p> <ul style="list-style-type: none"> • Review hand signals. (Stopping and turning) • Leave adequate space between you and the rider in front. <p>(Depends on terrain, but a good rule of thumb to follow is allow at least 10 yards per 10 miles per hour.)</p> <p>*****optional*****</p>	
10:00	<p><u>O-OBSERVE</u></p> <p>Observe each student demonstrate on an ATV the proper body position for:</p> <ul style="list-style-type: none"> * Up Hill Riding * Down Hill Riding * Traversing a Hill 	ATV (s)
20:00-30:00	<p><u>C-CONGRATULATE</u></p> <p>Congratulate students for their active participation in the exercise.</p>	