


# INSTRUCTOR'S LESSON PLAN

## Snowmobile Safety – Protective Clothing

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<b>SUBJECT</b> Snowmobile Safety	<b>INSTRUCTOR</b>
<b>TITLE OF LESSON</b> Protective Snowmobile Clothing	<b>DATE OF INSTRUCTION</b>
<b>TIME PERIOD (TOTAL)</b> 20 minutes	<b>PLACE</b>
<b>TRAINING AIDS</b> 1. Helmets and Goggles 2. Riding Apparel	<b>TYPE OF LESSON</b> <input checked="" type="checkbox"/> E.D.O.C. <input type="checkbox"/> LECTURE <input type="checkbox"/> DISCUSSION <input type="checkbox"/> PRACTICAL
<b>OBJECTIVE(S)</b> ✓ Know the protective gear snowmobile riders must wear and why	
<b>INSTRUCTOR REFERENCE</b> Student Manual Training Aids	
<b>STUDENT REFERENCE</b> Student Manual	

TIME	LESSON OUTLINE	AID CUES
<b>0:00</b> 	<p><b><u>E-EDUCATE</u></b></p> <p><b><u>Background:</u></b> Snowmobile riding can be dangerous. You must wear proper protective clothing to reduce the risk of injury and discomfort.</p> <p><b><u>D-DEMONSTRATE</u></b></p> <p><b><u>Helmets:</u></b></p> <ol style="list-style-type: none"> <li>1. Show different styles of helmets (full face, open, etc.)</li> <li>2. Select a helmet with a safety-approval label from the Department of Transportation (DOT).</li> <li>3. Fit-comfortable fit, fits snugly and fastens securely. Try on helmets over riding headgear.</li> </ol> <p><b><u>Eye-protection:</u></b> Explain the importance of proper eye protection, which can consist of goggles or face shield.</p> <ol style="list-style-type: none"> <li>1. Designed for trail riding (branches, falling snow, road</li> </ol>	<p>Helmets (different styles/face shields)</p> <p>Goggles</p>

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↓	<p>debris, etc.)</p> <ol style="list-style-type: none"> <li>2. Tinted for lighting conditions: gray for bright days, yellow for overcast days, and clear for night.</li> <li>3. Ventilated to avoid fogging.</li> </ol> <p><b><u>Gloves:</u></b> A good pair of gloves protect your hands from the cold. For best protection, choose gloves with:</p> <ol style="list-style-type: none"> <li>1. Padding to protect your knuckles.</li> <li>2. Gauntlets to prevent cold air from entering your sleeves.</li> </ol> <p><b><u>Boots:</u></b> Heels prevent your feet from slipping off the footrests. Snowmobile type boots protect the feet, ankles and lower legs. Some boots have removable liners for quicker drying.</p> <p><b><u>Clothing:</u></b> The proper clothing protects you from scratches and extremes of the weather. The ideal winter outfit for snowmobile riders is a snowmobile suit. In addition to keeping you warm, a snow suit may keep you afloat for several minutes if submerged in water.</p> <p><b><u>Dressing for Cold Weather:</u></b> <u>Wind chill factor</u> will have an affect on exposed skin at different speeds and air temperatures. Dressing in layers offers insulation and provides the best protection during winter riding.</p> <p><b><u>O-OBSERVE</u></b> Students demonstrate using a junior instructor or volunteer, have them dress in minimal suggested clothing (helmet, goggles, jacket, pants, gloves, boots). Ask students why each piece of clothing is important to safe snowmobile riding.</p>	<p>Gloves</p> <p>Boots</p> <p>Different jackets/ Snowmobile suits PFD jackets Snow pants</p> <p>Snowmobile manual.</p>

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TIME	LESSON OUTLINE	AID CUES
↓ <b>20:00</b>	<b><u>C-CONGRATULATE</u></b> Congratulate students for providing input on the importance of protective clothing while operating a snowmobile.	