

Step Outdoors

3. Posture

Correct riding posture matters. Like riding a bike, you need to shift your weight as you maneuver your ATV. Proper posture ensures that you can quickly shift your weight when necessary and easily reach the controls.

Proper posture includes:

- Head and eyes up, looking far ahead.
- Hands on the handlebars.
- Feet on the footrests, toes pointing straight ahead.
- Removing one hand or foot can reduce your ability to control the ATV or could cause you to lose your balance and fall off.
- If you remove a foot from the footrest, your foot could come into contact with the rear wheels, causing an injury or accident.



4. Starting Off

After the engine is warmed up:

- Apply the rear brake.
- Shift into gear.
- Release the parking brake.
- Apply the throttle slowly.

5. Shifting Gears

- There are different types of transmissions on ATVs, so read your owner's manual for instructions on shifting your model.
- If you have a manual transmission, always let off the throttle while shifting to prevent the front wheels from lifting.

Step Outdoors

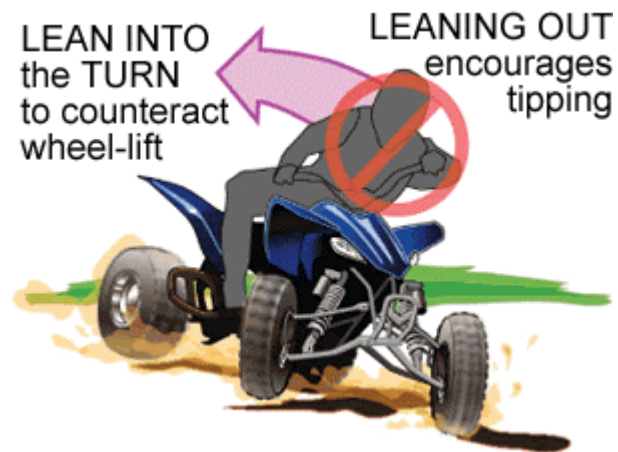
6. Braking

- Consult your owner's manual for correct braking procedures.
- ATVs may have brakes in the front or in the rear, or both front and rear. Your braking technique depends on your ATV's braking system.

7. Turning

Consult your manual for information on turning your ATV. In general, when riding at low to moderate speeds, you should:

- Move your body weight forward and lean in the direction of the turn.
- Turn the handlebars while looking where you are turning.
- If your ATV starts to tip while turning, lean your body farther into the turn while gradually reducing your speed.



8. Riding Uphill

Climbing hills can be dangerous if you don't follow the proper procedures described in your owner's manual. You could lose control of your ATV or it could overturn. In general, you should:

- Use good judgment. If the hill looks too steep for your ATV or your abilities, do not proceed in that direction.
- Start the climb by shifting into a lower gear and speeding up to maintain momentum.
- Move up on the seat and lean forward, or stand and position your torso over the front wheels.
- Keep your weight uphill and your feet on the footrests.
- If you can't see what is on or over the crest of a hill, slow down until you have a clear view.

Proper Uphill Riding Position



Step Outdoors

9. Riding Downhill

Always carefully check the terrain before you start down any hill. Choose a downhill path that is as straight as possible with a minimum of obstacles.

When going downhill, remember to:

- Shift your weight to the rear.
- Keep the speed low.
- Use gradual braking.
- Use a lower gear.
- Look ahead.



Proper Downhill Riding Position

10. Traversing a Slope

You may encounter hills that are too steep to ascend or descend in a straight line. In that case, you may be able to drive across, or traverse, the slope at an angle. However, don't attempt to traverse a slope with surfaces that are extremely slippery, rough, or loose.

When traversing, be sure to:

- Keep both feet firmly on the footrests.
- Lean your upper body uphill.
-

EXTENSION

Create a small test or questionnaire based on the material and administer it to the participants providing prizes for correct answers.

REFERENCES

http://www.offroad-ed.com/in/handbook/kids_on_wheels.htm

<http://www.mpi.mb.ca>