

INSTRUCTOR'S LESSON PLAN

SUBJECT Braking, Parking, Turning	REVISED: 03-31-2008
TITLE OF LESSON Basic Riding Skills	DATE OF INSTRUCTION:
TIME PERIOD (TOTAL) 10 minutes	PLACE:
TRAINING AIDS: ATV Student Safety Manual Owners 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 correct procedure for braking Learn how to park the ATV Learn how to turn the ATV at Various Speeds	
INSTRUCTOR REFERENCE ATV Safety Manual This Lesson Plan	
STUDENT REFERENCE Student manual, Owner's Manual	

TIME	LESSON OUTLINE	AID CUES
0:00	<p><u>E-EDUCATE:</u></p> <p><u>1. Braking: Following recommendations in your owner's manual as brakes vary between makes and models of ATV's.</u></p> <p>Tips for Braking:</p> <p>Release the throttle.</p> <p>Shift to a lower gear to use the engine (manual transmission), to slow the ATV.</p> <p>Apply brakes lightly on slippery surfaces\Shift to a lower gear when going down a hill.</p> <p>Do not use front brake only, use both front and rear brakes together.</p> <p><u>USING FRONT BRAKES ONLY CAN CAUSE YOU TO BE THROWN FROM THE ATV AND INJURED OR KILLED.</u></p>	ATV Student manual Owner's manual for machine being used.

Keep your eyes and head up- look where you are headed.
Every machine has different brake controls.

PARKING:

When parking;

Stop the engine, shift into neutral and set parking brake

-or-

Shift into low gear if you do not have a parking brake.

Avoid parking on a hill.

Note: Some new machines have a parking gear. Place the machine in park and engage the parking brake also.

D-DEMONSTRATE

Low Speed Turns

As you turn the handle bars, shift body weight forward and to the outside of the turn.

Support your weight on the outer footrest, lean into turn.

Maintain throttle through the turn - do not accelerate.

Higher Speed Turns

The method is similar to the low speed turn except as speeds increase, your upper body must lean more to the inside of the turn; keeping weight on the outer footrest.

Remember: Shifting body weight smoothly and quickly is an important part of ATV riding.

Always look through the turn.

C-CONGRATULATE

Recognize students efforts and congratulate all when practice concludes

Static
demo on
ATV

10:00