

ATV Safety Module

Grades 7-9



Presented at Erskine School
November 13, 2009

Erskine School ATV Safety Workshop
Friday, November 13, 2009

Time: 12:00 noon to 2:30 p.m.
Grades 7-9 - approximately 50 students
Students will be in four groups - mixed grades

Workshop Layout:	
11:30 - 12:00	Set Up by Erskine Traffic Safety Team
12:00 - 12:15 p.m.	All students: Introductions and Welcomes Show Andrew Kerr Memorial Tribute (on ATV Safety Public Service Announcement DVD)
12:15 - 12:40 p.m.	Rotation 1
12:40 - 1:05 p.m.	Rotation 2
1:05 - 1:15 p.m.	Break
1:15 - 1:40 p.m.	Rotation 3
1:40 - 2:05 p.m.	Rotation 4
2:05 - 2:15 p.m.	All students: Wrap Up, Thank You's and ATV Contest for students
2:15 - 2:30 p.m.	Clean Up

Session Information:

Introduction:

Presenters: Erskine School Traffic Safety Team

General Session Information: Introductions and Welcomes. Show Andrew Kerr Memorial Tribute (on Wm. E. Hay Composite High School ATV Safety DVD)

Session 1: ATV Safety Gear and Risk Taking

Presenters: Stacie Pederson, Alberta Health Services, Injury Prevention Specialist
Len Wagner, Office of Traffic Safety, Regional Traffic Safety Coordinator

General Session Information: Run through of the appropriate safety gear to wear while riding ATV's and making good risk decisions while driving an ATV. Outline is attached.

Session 2: Where can I ride my ATV?

Presenters: Protective Services, County of Stettler

General Session Information: Taking a look at provincial and local ATV rules. Clarifying where you can ride an ATV (snowmobile and motorbikes also included) in the County of Stettler. Outline is attached.

Session 3: Riding the ATV the Safest Way

Presenter:

General Session Information: Looking at how an ATV turns, rides hills, slopes, etc. Using your weight to properly ride your ATV. Tips on how to ride an ATV the safest way.

Session 4: Maintaining your ATV (motorbike, snowmobile) for Safety.

Presenter: Local ATV Dealer/Avid User

General Session Information: Running through how to maintain an ATV (motorbike and snowmobiles can also be referenced) to keep it safe. Importance of pre ride maintenance checks. Simple steps to keep your ATV operating safely.

Wrap Up:

Presenters: Erskine School Traffic Safety Team

General Information: Thank you's, Announcement of ATV Safety Contest for students.

Further Information:

ATV Contest: To transfer the ATV training over to the next week, the students came up with a contest for all the students. They printed out three activities from the ATV Puzzles from Farm Safety 4 Just Kids (on the enclosed disc). They purchased 10 gift certificates from the movie theatre and movie rental store for prizes. The traffic safety team chose 10 winners, checked to see if the puzzles were answered correctly and presented the gift certificates.

Other Topics: You can cover how to size an ATV. Environmental impact of ATV's and how to prevent damage to the environment. Using an ATV as a farm tool (how adding sprayers and loads to the back changes the machine).

Other Resources: You have people in your community who use ATV's regularly who are great resources. If anyone has purchased an ATV recently, they could have a good safety video that came with the machine. On line resources are available - including videos that show all aspects of ATV Safety. Your local emergency services department might also be willing to come and talk about ATV injuries (the ones in Western Alberta are regularly called to ATV collisions.)

It is important to remember that your students are riding ATV's - some of them on a regular basis and some of them occasionally. Our goal is to educate them on how to reduce their risks associated with riding an ATV and giving them skills to make good risk decisions. Use your time to encourage discussion around how to make the activity safer. (ATV injuries are currently the fastest growing injury in Canada and North America.) Also encourage the participation of your parents in the education.

**Presentation Outline for
Erskine School's ATV Conference**



***Safety Gear and Risk Taking
40 minutes***

Introduction of speakers – 5 minutes

High Risk Low Risk Activity - 20 minutes

- Have 2 students hold signs at each end of space (HIGH RISK and LOW RISK)
- Have students move to the level of risk that they perceive for each situation
 1. riding an ATV on the highway
 2. you and your friend riding on a 1 seater ATV
 3. riding without a helmet
 4. riding on a designated riding trail
 5. riding a quad that is too big or too powerful
 6. riding up a steep hill
 7. racing an ATV on a racetrack
 8. pulling a friend behind your ATV
 9. loading a 75lb hay bail on the back of your ATV
 10. going riding without telling anyone
 11. taking your 4 year old cousin for a ride
 12. seeing how fast your ATV can go

- Have the students discuss why they feel some situations are risky or not risky
- What reduces the risk
 - No child/youth under 16 years of age should operate an adult ATV. Ensure your child/youth only rides an ATV that is appropriate for their age, weight and maturity. Follow manufacturers' recommendations.
 - Wear an approved helmet with face and eye protection
 - Driver sober – alcohol, drugs and ATVs don't mix
 - Refuse to carry or be a passenger on an ATV built for one person.
 - Take an ATV operator training course.

Safety Gear Relay Race – 15 minutes

- Have students split into 2 groups - have two piles of ATV Safety Gear ready (up to 6 pieces each) - Should include helmet, goggles, gloves, long sleeve shirt, long pants & over the ankle boots. Can also include chest protectors & neck protectors.
- For each question a team member will race to the "buzzer" (squeaky toy will do). The first team will have a chance to answer the question and earn a piece of safety equipment. If they are wrong the other team gets to "steal" until the question is answered. Use the opportunity to discuss the right and wrong answers.
- The first team with a fully dressed team member wins a prize.

Questions:

1. While riding an ATV, what type of footwear should you wear and why?
 - Over the ankle boots with heels to protect the foot and ankle from fractures, cuts/scrapes and burns. The heel on the boot prevents the foot from slipping off of the foot rest.
2. Wearing long pants helps to prevent what kinds of injuries?
 - Cuts/scrapes, punctures and burns to the legs.
3. What could happen to you if you don't wear a chest protector while riding an ATV?
 - You could hit the handle bars with your chest (sternum) or ribs causing fractures or damage to internal organs (heart, lungs, liver, spleen).
4. To protect your hands from injuries what kind of gloves should you wear?
 - Gloves should be leather and cover the entire hand and/or be designed for ATV or motorbike use.
5. What is the grossest injury that you can think of that could happen if you don't wear goggles while riding an ATV?
6. The leading cause of death with ATVs is due to head injury accounting for 44% of deaths. Of those who died as a result of a head injury what percentage were not wearing a helmet?
 - 80%

7. How far do you have to fall before you sustain a head injury?
 - You can sustain an head injury from a fall as low as 60 - 90 cm.
8. ATV injuries are usually very serious. Name one reason why.
 - no helmet = serious head injuries
 - multiple injuries happen
 - injuries happen a long way from the hospital (golden hour rule)
 - it's just you against the ground/tree/rock - with only your safety gear to protect you
 - speed
 - high risk activities (jumping, tricks, etc)
9. ATV injuries to these two body parts are most likely to kill you:
 - head and neck
10. Are more men or women killed and or injured on ATVs?
 - men/boys
11. As you gain more riding experience on your ATV are you more or less likely to be injured?
 - less
12. Good safety equipment can reduce injuries and death while riding ATV's. There is one more important thing that will reduce the chance that you are injured.
 - parental/guardian/adult supervision

Show safety gear PSA if time permits (on ATV Safety - Public Service Announcements DVD)



Where Can I Ride My ATV?

This session is best presented by your local bylaw officer or your county patrol. ATV use is guided by the Alberta Traffic Safety Act and by local municipal bylaws. Therefore, this session needs to be personalized to address the specific bylaws in your area.

The following information will help your local presenter get his/her information together:

- ◆ Traffic Safety Act: <http://www.transportation.alberta.ca/556.htm>
- ◆ Gaming Liquor Act and Regulations:
http://www.aglc.ca/pdf/legislation/GLA_Act.pdf
- ◆ Local Municipal Bylaw:

For the County of Stettler the attached PDF document is a representation of the provincial and local laws affecting ATV use. Your presenter can adapt the information for your area.