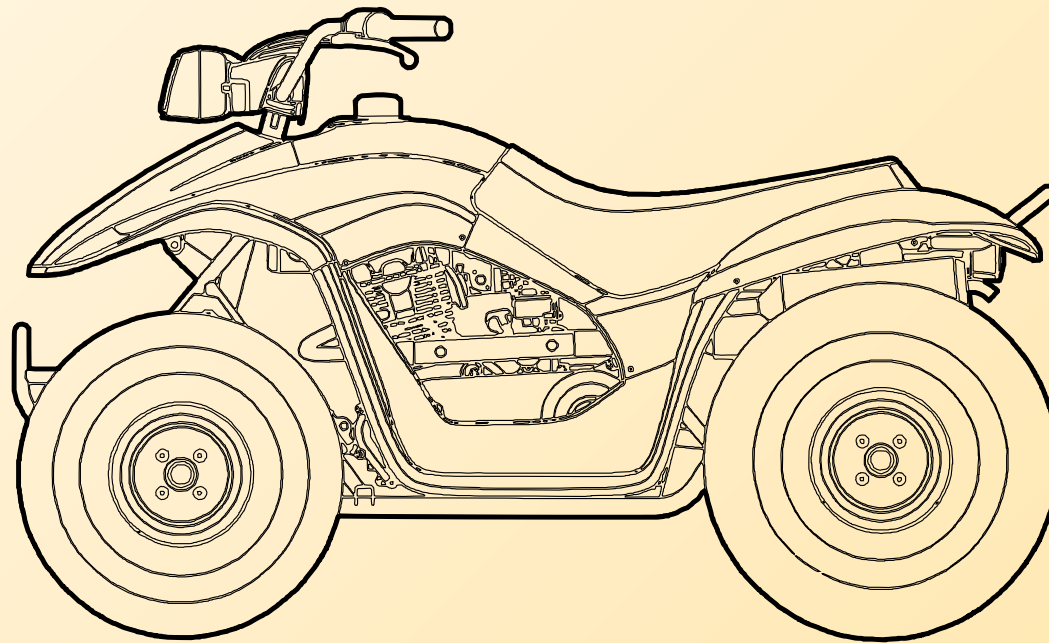




KYMCO

TIPS & PRACTICE GUIDE FOR ATV RIDERS



BE CAUTIOUS

ATVs are not toys. Serious injury can result from improper use of ATVs, but with preparation and practice, you can safely develop and expand your skills. Riding ATVs can be an enjoyable form of outdoor recreation when done properly.

In addition to the information provided in this booklet, it is important to carefully read and follow the instructions and warnings contained in the ATV owner's manual and labels.

ATVs handle differently from other vehicles, such as motorcycles and cars. Proper instruction and practice are important. Anyone who purchases a new ATV and everyone in the purchaser's immediate family who is in the recommended age group for the ATV purchased, is entitled to take a training course at no additional charge.

Call the KYMCO ATV Safety Hotline at 888-235-3417 for training information. We recommend you take advantage of the free training program, and perform the exercises in this booklet.

Remember that riders under 16 years of age must be supervised by an adult. In addition, follow the ATV Model Size/Minimum Age information listed below.

DO NOT RIDE AN ATV THAT IS NOT RECOMMENDED FOR YOUR AGE GROUP

ATV Model Size	Minimum Age
70cc	6 years old and older
90cc	10 years old and older
150cc	12 years old and older
270cc	14 years old and older
Over 270cc	16 years old and older

If you have a youngster who is about to ride an ATV, there are special considerations that you should keep in mind. Although a child may be the recommended age to ride a particular size ATV, not all youngsters have the strength, skills, or judgment needed to operate an ATV. You should supervise your youngster's operation of the ATV at all times, and should permit continued use only if you determine that your youngster has the ability and judgment to operate the ATV safely.

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***CAUTION - BEFORE YOU PREPARE TO RIDE, PLEASE REVIEW THE FREE KYMCO ATV SAFETY TRAINING COURSE FIRST.**

Let's Prepare to Ride

RIDING AREA

Be sure you have a large, flat, open practice area, free of obstacles and hazards, to use while you practice. Take a few minutes to review the rest of the riding tips in this booklet before you start your engine.

STARTING PROCEDURE

- Consult your owner's manual for the correct starting procedure.
- Check that the transmission is in NEUTRAL.
- Set PARKING BRAKE.
- Turn the Fuel Valve to the ON position (if equipped).
- Check that the Engine Stop Switch is in the RUN or ON position.
- Start the engine.

POSTURE

The correct riding posture will help you to easily operate the controls and help you react more quickly when shifting your body weight. Proper straight line riding posture includes:

- Head and eyes up, looking well ahead.
- Shoulders relaxed, elbows bent slightly out, away from your body.
- Hands on the handlebars.
- Knees in toward the gas tank.
- Feet on the footrests, toes pointing straight ahead.

Always keep both hands on the handlebars and both feet on the footrests of your ATV during operation. Removing even 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 a footrest, your foot or leg may come into contact with the rear wheels, which could injure you or cause an accident.

ATVs are rider-active; to enhance the performance capabilities of the ATV, you must shift your body weight. This is especially true in maneuvers such as turning, negotiating hills, and crossing obstacles.

Let's Start Riding

GET MOVING

- Always keep your feet on the footrests while riding to prevent injury.
- Be sure that the engine is sufficiently warmed up before you start riding.
- Apply the rear brake and shift into your selected gear.
- Release the parking brake.
- Release the rear brake and apply the throttle slowly.

BRAKING

Your owner's manual describes your ATV's braking system. You may have both a front and rear brake, or a rear brake only. Of course, your braking technique will depend upon your ATV's braking system and the type of terrain you are riding on.

Several ATVs are currently available with 4-wheel drive. When operating in 4-wheel drive mode, keep in mind:

- Using only the front brake or only the rear brake has the effect of braking both the front and rear wheels.
- Operating in Low gear (engine braking) will affect both the front and rear wheels.
- Consult your owner's manual for more detailed information.

Some tips for braking are:

- Releasing the throttle.
- Operate in Low gear to use the engine to slow the vehicle.
- Applying both brakes equally (if equipped).
- Avoiding excessive braking while cornering.
- Applying brakes lightly on slippery surfaces.
- Use Low gear when descending a hill and not riding the brakes for long periods of time.

PARKING

When parking your ATV you should:

- Shift into neutral and set the parking brake.
- Avoid parking on an incline.

PART I - TIPS FOR THE ATV RIDER

Turning Basics

Always check your owner's manual for the recommended turning technique for your ATV. The following basic turning technique applies to ATVs being ridden at low to moderate speeds:

- Move your body weight forward and to the inside of the turn.
- Turn the handlebars while looking in the direction of the turn.
- As you increase speed or turn more sharply, move your body weight farther toward the inside of the turn to maintain your balance.
- If your ATV starts to tip while turning, lean your body farther into the turn while gradually reducing the throttle and making the turn wider, if possible.



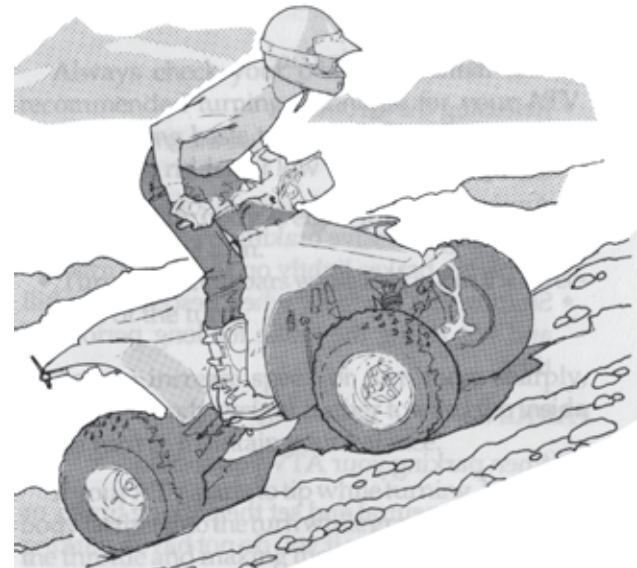
Riding On Hills

GOING UP HILLS

Climbing hills improperly could cause loss of control or cause the ATV to overturn. Always follow procedures for your ATV contained in the owner's manual.

Remember:

- Some hills are too steep for your abilities. Use your common sense. If the hill you are approaching looks too steep, it probably is.
- Some hills are just too steep for your ATV, regardless of your abilities.
- Never ride past the limit of your visibility; if you cannot see what is on or over the crest of a hill, slow down until you have a clear view.
- The key to being a good hill rider is to keep your weight shifted forward (uphill).



When approaching an uphill climb, you should:

- Keep your feet firmly on the footrests.
- Use High gear and speed up BEFORE climbing the hill so you can maintain momentum.
- When approaching the uphill climb, move up on the seat and lean forward, or stand and position your torso over the front wheel(s).

If you do not have enough power to reach the top of the hill, but still have forward momentum and enough room to turn around safely:

- Keep your weight uphill.
- Make a U-Turn before you lose speed.
- Proceed downhill in Low gear, keeping your weight to the uphill side.

If you are riding uphill and lose all forward momentum:

- Keep your weight uphill, and apply the brakes to come to a stop. Never allow the ATV to roll backward.
- Apply the parking brake while keeping your weight uphill.
- Dismount on the uphill side or on a side if pointed straight uphill, and follow the procedure described in your owner's manual.
- Do not attempt to ride backward down a hill.

Should you begin rolling backward, do not apply the rear brake abruptly. Using the rear brake only or abruptly could cause the ATV to roll over backward.

If you begin rolling backwards follow these steps:

- Keep your weight uphill, and apply the front brake. If your ATV does not have a front brake, follow the procedure described in your owner's manual.
- When you have come to a complete stop, apply the rear brake. Then apply the parking brake and dismount on the uphill side and follow the procedure described in your owner's manual.
- If the ATV continues to roll backward, dismount to the uphill side immediately.

PART I - TIPS FOR THE ATV RIDER

GOING DOWN HILLS

Always check the terrain carefully before you start down any hill. Choose a straight downhill path as much as possible, with minimal obstacles. Shift your weight to the rear and use Low gear. Follow the procedures described in your owner's manual for special braking techniques for going down hills.

When going downhill, remember to:

- Shift your weight to the rear (uphill).
- Keep speed low.
- Use gradual braking.
- Use Low gear.
- Look ahead.



TRAVERSING A SLOPE

When you go across a slope rather than directly up or down, it is called traversing. Sometimes when a hill is steep it is necessary to climb it or descend it by traversing.

Traversing a slope requires additional attention. Avoid traversing slopes with excessively slippery, rough, or loose surfaces.

Here are some basic guidelines for traversing:

- Keep both feet firmly on the footrests.
- Lean your upper body uphill.
- When riding on soft terrain, you may need to turn your front wheel(s) gently uphill to keep your ATV on a straight line across the hill.
- If your ATV begins to tip, turn the front wheel(s) downhill if the terrain allows. If the terrain does not permit, dismount on the uphill side immediately.
- Avoid making sudden throttle changes.

Riding Strategies

READING TERRAIN

You have to know the land you are riding on and what your machine will do in order to get the most out of your ride. Carefully choose the places you ride. Use existing trails. Stay away from terrain where you really do not belong, such as dangerous slopes and impassable swamps. Watch carefully for sharp bumps, holes, ruts, or obstacles.

An expert rider stays out of trouble by handling the ATV well and avoiding any risky situation. Learn to read the trail as you ride. An expert rider looks well ahead on the trail. Know what is coming up; be prepared to react long before you get there. Be constantly alert for hazards. Never operate an ATV at excessive speeds. Go at a speed which is proper for the

terrain, visibility, operating conditions and your experience. Always be careful when operating an ATV, especially when approaching hills, turns, obstacles, and when operating on unfamiliar terrain.

CHOOSING PROPER SPEEDS

Always look well ahead and choose a speed that is proper for the terrain, visibility, operating conditions, and your experience.

By scanning far enough down the trail, you will be able to pick the best "lines" (or safest path of travel) around or over hazards or small obstacles. As you approach a hazard, do not fixate on it. Instead, continue to search for other clues in the environment and adjust your speed well in advance.



PART I - TIPS FOR THE ATV RIDER

Riding Different Terrains

SAND DUNES

Dune riding offers great thrills and fun, but certain safety precautions are necessary to fully enjoy this type of terrain. Remember to:

- Use an antenna flag on your ATV.
- Be prepared for changing sand.
- Avoid wet sand.
- Avoid riding on vegetation.
- Watch for slip faces and razorbacks.
- Be extra careful when the sun is overhead; lack of shadows make it difficult to see hazards.

MUD AND WATER

Your ATV is equipped to ride through mud and shallow water, but you should avoid water crossings where you might damage streambeds and fish spawning grounds, or where you might cause erosion to the banks of a stream or creek. This precaution not only adds to your own personal safety and fun, but it preserves the environment for others to enjoy as well. If you are riding through mud and water remember:

- Footrests may become slippery.
- Determine water depth before attempting a crossing; do not exceed the water depth specified in your owner's manual.

- If you cross a stream, use an established ford or a place on the stream banks that have a gradual incline.
- Be prepared to shift your weight in any direction to maintain balance.
- Watch for submerged obstacles.
- Test brakes after leaving water.

SNOW

Riding on firm snow can be great fun. However, riding in soft snow, under the wrong conditions, can be damaging to the terrain. Ride only on firm snow or groomed trails and be sure you have the landowner's permission.

Remember to:

- Keep alert to weather conditions.
- Know the weather forecast.
- Check with local law enforcement to be sure ATVs are allowed on snowmobile trails before using them.
- Dress appropriately for the weather conditions.

CROSSING ROADS AND HIGHWAYS

ATVs are designed to be used OFF-ROAD ONLY. A leading cause of accidents and fatalities to ATV riders is from riding on or crossing a road illegally or improperly. The hazards of road crossing cannot be overemphasized, but you may find it necessary on occasion to cross a road or highway. This is particularly true in farming areas where ATVs are used for various work purposes. If you must cross a road, use the following guidelines to reduce risk:

- Make sure you know your state's laws and regulations before you cross any road.
- Before crossing, bring your ATV to a complete stop on the shoulder of the road.
- Yield the right of way to all oncoming traffic.
- Look both ways.
- Ride cautiously. Your ATV will handle differently on pavement and may be difficult to maneuver, increasing the danger of collision.
- Cross the road at a 90 degree angle where there are no obstructions and your visibility is good.
- If you are riding in a group, have the first rider (leader) dismount on the shoulder before crossing and watch for traffic as he waves the group across the road. Have the last rider dismount on the shoulder after crossing and watch traffic, to help the group leader across.

Remember, crossing roads improperly or riding illegally on the road is a major cause of serious accidents and fatalities to ATV users, so use extra caution. Always assume that drivers DO NOT SEE YOU, since most drivers look for cars, not ATVs.

Safe Riding Practices

THE EFFECTS OF ALCOHOL, DRUGS, AND FATIGUE

Riding an ATV can be more demanding than driving a car. You have to be in good physical and mental condition to ride safely. Three factors that keep ATV riders from being in top shape for riding are alcohol, drugs, and fatigue. Each of these can affect your ability and your decision-making process.

■ **Alcohol**

Drinking and riding can be fatal. Consumer Product Safety Commission studies show that thirty percent (30%) of all ATV riders killed in ATV accidents had been drinking. Fourteen percent (14%) of all reported accidents with injuries indicated alcohol consumption by the operator.

Alcohol affects all the skills you need to ride safely. The amount of alcohol in your body is referred to as the "Blood Alcohol Concentration" or "BAC." Most states consider people intoxicated at a BAC of between .08 to .10 percent. Physical and mental reactions usually become impaired at a BAC of .05 percent.

ALCOHOL AND ATVs DO NOT MIX.

■ **Other Drugs**

Almost any drug puts an ATV rider at risk. Many over-the-counter prescription and illegal drugs have side effects much like alcohol, which affect the skills you need to ride safely.

PART I - TIPS FOR THE ATV RIDER

Depressant drugs such as Tranquilizers and Barbiturates have effects similar to alcohol on body systems. Even cold tablets and allergy pills can make you feel weak, dizzy, and drowsy as well as affecting your vision, coordination, and judgment.

Marijuana decreases your ability to see at night and recover from headlight glare. Marijuana users cannot react as quickly as usual, nor operate the ATV as well. Amphetamines or cocaine, while they may increase your attentiveness temporarily, bring on extreme fatigue once they wear off. Furthermore, they produce a mild euphoria, which often causes riders to take foolish risks. Never consume drugs before or while operating an ATV.

■ **Fatigue**

Riding an ATV is more tiring than driving a car. Remember that fatigue can affect your ability to control your ATV. Here are some things you can do to keep from getting too tired:

- Protect yourself from the elements. Wind, cold, rain, and heat make you tire more quickly. Dress appropriately for the conditions.
- Limit your distance and riding time until you know your limits.
- Take frequent rest breaks. Stop and get off the ATV. No one should go more than one hour without pulling over, stopping, getting off the ATV, and walking around.

KNOW THE LAWS

The laws and regulations that control how and where to use your ATV are important for you to be aware of and to follow. They are established for your protection, as well as everyone else's. By controlling less responsible riders, the laws and regulations allow others to enjoy the sport. They also help protect the land you ride on and the people who own it. Dealers and ATV clubs can often provide you with a summary of local laws, or direct you to park rangers, game wardens, or other sources who will be glad to help you.

REGISTRATION

In many states the law requires that you register your ATV as part of the state's off-highway vehicle registration program.

ATVs used for agricultural or utility purposes may be subject to different provisions than recreational vehicles. You should check this out when you buy your ATV. Your dealer should know the law, and can often help you register your vehicle. Fines for riding unregistered vehicles can be expensive, and you also take the risk of having your ATV impounded. Some states use registration fees to develop riding trails and facilities. So by registering your ATV, you and your friends may be helping to secure and maintain places to ride.

YOU AND THE REST OF THE WORLD

There is one fundamental factor that controls your riding - access to land. Developing and maintaining riding opportunities means getting along with the rest of the world - private landowners, public land managers, and people you meet on the trails. The better you get along with these people, the easier it will be to locate and preserve good riding areas.

TREAD Lightly!

Riding behavior that harms the land is self-defeating and irresponsible. Learn to protect and preserve your riding areas. In other words, TREAD Lightly!

- Travel only where motorized vehicles are permitted.
- Respect the rights of hikers, skiers, campers and others to enjoy their activities undisturbed.
- Educate yourself by obtaining travel maps and regulations from public agencies; comply with signs and barriers; and ask owners' permission to cross private property.
- Avoid streams, lakeshores, meadows, muddy roads and trails, steep hillsides, and wildlife and livestock.
- Drive (ride) responsibly to protect the environment and preserve opportunities to enjoy your vehicle on wild lands.

Here are some tips to help you TREAD Lightly!

- Obtain a Travel Map from the Forest Service or from other public land agencies. Learn the rules and follow them.
- Keep your ATV quiet. Do not make your exhaust system noisier. There is nothing people dislike more than a loud off-highway vehicle. Do not tamper with the spark arrester.
- Avoid running over young trees, shrubs, and grasses. You will damage or kill them.

- Stay off soft, wet roads and trails, readily torn up by vehicles (particularly during hunting seasons). Repairing the damage is expensive.
- Travel around meadows, steep hillsides, stream banks, and lakeshores. They are easily scarred by spinning wheels.
- Resist the urge to blaze a new road or trail, or to cut across switchbacks.
- Be courteous when you meet others on the trail. Pull to the side and shut off the engine whenever you are near horses - a panicked horse is a danger to you and its rider.
- Stay away from wild animals that are rearing their young or suffering from food shortage.
- Obey gate closures and regulatory signs. Remember, vandalism costs tax dollars.
- Stay out of Designated Wilderness Areas. They are closed to all vehicles, even bicycles. Know where the boundaries are.
- Get permission to travel across private land and respect landowner rights.
- Future opportunities for exciting travel with your ATV are in your hands, so - TREAD Lightly!

PART I - TIPS FOR THE ATV RIDER

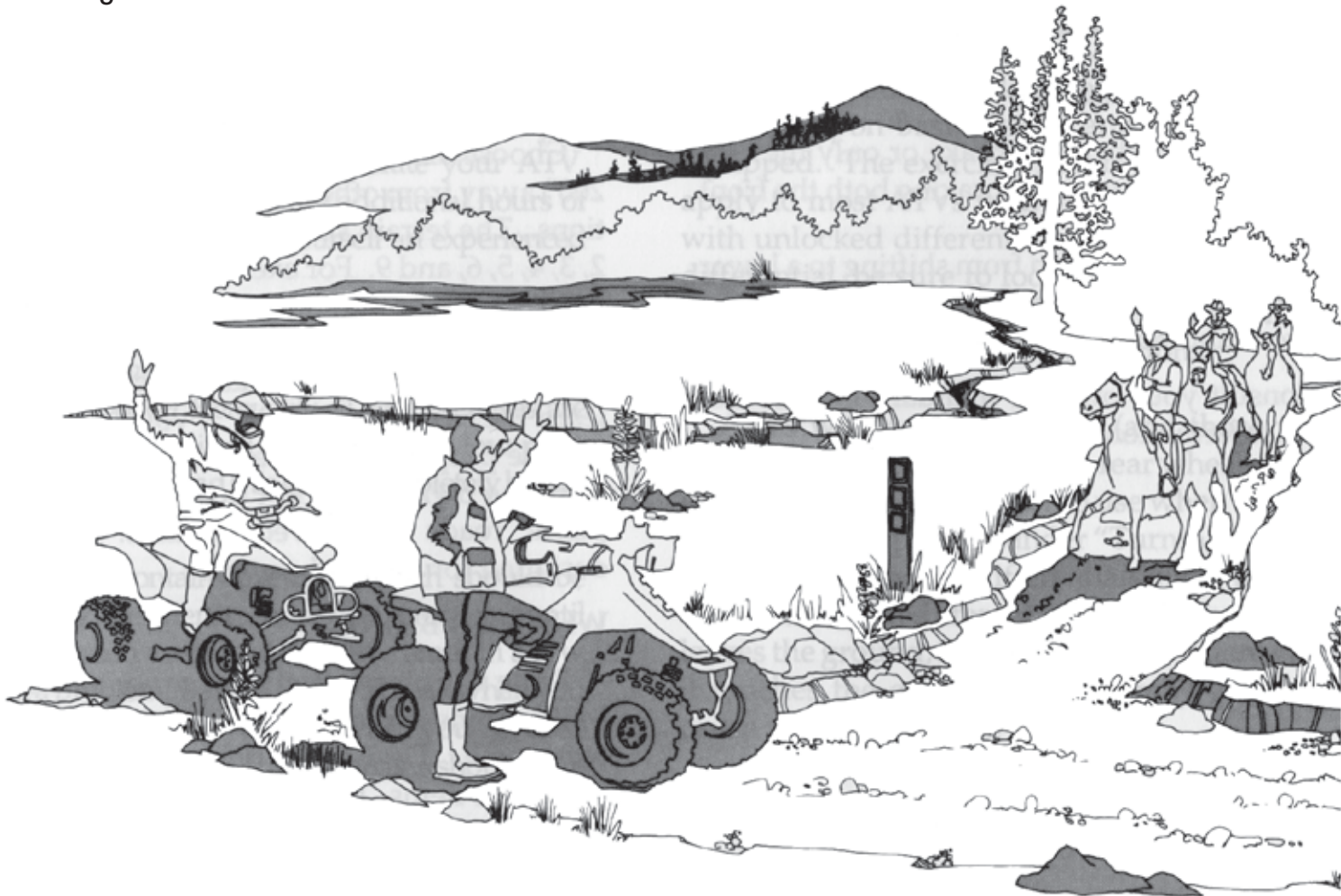
EXPANDING YOUR HORIZONS

How do you find good places to ride? You can start by talking to your dealer and asking questions about:

- Where do other customers ride?
- Who owns riding land?
- What are the regulations for use?

ATV clubs provide a way of working together to find good riding areas.

If you are working on your own, topographic maps can be a good way to find open land with suitable trails. Find out who owns the land, and whether they mind you using it. This way, you can develop a network of good riding areas.



PART II - ATV OFF-ROAD PRACTICE GUIDE

Introduction

This Practice Guide has several exercises which will help you develop the fundamental skills you need to safely and enjoyably operate your ATV. However, you will need many additional hours of riding before you consider yourself an experienced ATV rider.

Do not attempt these exercises until you have read your owner's manual and "Part I - Tips for the ATV Rider" portion of this booklet thoroughly. These exercises are designed for unmodified machines with low pressure knobby tires. Read this guide completely before you start practicing.

This guide contains exercises which should be done by only one rider at a time. Keep practicing until you can do each exercise at least five times in a row without a problem. Be sure to take a break when you get tired. Do not push yourself; when you get tired you can make mistakes. These exercises should take about three to four hours to complete.

About Your ATV and the Skill Exercises

Handling characteristics for ATVs vary depending upon basic design and how they are equipped. The exercises in this Practice Guide apply to most ATVs with one exception: ATVs with unlocked differentials. If your ATV has a differential, be sure to lock the rear axle before practicing the exercises in this guide. Refer to your owner's manual for instructions.

ATVs with solid rear axles (and those with locked differentials) turn both rear wheels at the same speed. The technique to use when turning is described on page 3 under "Turning Basics". ATVs with unlocked differentials allow the rear wheels to turn at different speeds. If a rear wheel leaves the ground, it will spin freely. Then when it touches the ground again, it may grab and cause you to lose some control.

Preparation

RIDING AREA

Choose an open, off-road area (about 100 ft x 200 ft) away from other riders and free of obstructions. The terrain should be flat for exercises 1,2,3,4,5,6, and 9. For exercises 7 and 8 you will need a hill. The hill should not be very steep and should be easy to climb on foot! Practicing on a hard dirt surface will make it easier for you to learn the basic maneuvers. If you are riding on private property, be sure you have permission from the owner. Do not do these exercises on public roads and paved surfaces. ATVs are designed for off-road use only.

WHAT TO BRING

Bring five objects that you can use as markers. Milk cartons or plastic bottles with sand in them work well. Do not use glass bottles or other breakable items. You should also bring a tape measure to mark distances; or at least measure your stride so you can pace off the distances. (One hundred feet is approximately 35 to 40 paces.)

SAFETY RULES

The practice exercises in this guide can be dangerous if you do not follow the instructions provided. Also follow these safety rules:

- Wear proper protective clothing. This includes a good helmet, boots, gloves, eye protection, a long-sleeved shirt, and long pants.
- Inspect your ATV before you begin. Consult your owner's manual.
- Check the practice area for potential hazards.
- Bring an experienced friend along to help if anything goes wrong, and to critique your progress.
- Do not mix alcohol or other drugs with ATV riding.
- DO NOT carry passengers.
- Pay attention to additional safety tips found throughout this guide.

PART II - ATV OFF-ROAD PRACTICE GUIDE

How to Use this Guide

This guide is divided into three levels: Level 1-Basics of ATV Riding; Level 2-Elementary Maneuvers; Level 3-Intermediate Maneuvers. Even if you have been an ATV rider for more than 3 months, be sure you have mastered the other levels.

Level 1 Drills cover the basics of ATV riding. (If the terrain you are riding on has ruts or other obstacles, do Exercise 9 following Exercise 3.)

- **Exercise 1**
 - Controls
 - Location and operation
- **Exercise 2**
 - Braking
 - Straight path
 - In a turn
- **Exercise 3**
 - Turning
 - Large oval
 - Small circles
 - Figure 8

Level 2 Drills are for practicing elementary maneuvers. All ATV riders should practice these drills before going on to Level 3.

- **Exercise 4**
 - Sharp turns
- **Exercise 5**
 - Quicker turns
- **Exercise 6**
 - Quick stops
 - Straight path
 - In a turn
- **Exercise 7**
 - Hills
 - Climbing, tuning, and descending
 - Climbing, stopping, and descending
 - Stopping while descending

Level 3 Drills are for practicing intermediate maneuvers.

- **Exercise 8**
 - Traversing hills
- **Exercise 9**
 - Riding over obstacles

EXERCISE 1 - CONTROLS

Objective: To mount and sit on the ATV correctly, locate and operate the controls, and dismount.

Skills: Familiarization and operation of controls.

DIRECTIONS:

Drill 1: Take out your owner's manual and locate your ATV's parking brake. Set the parking brake (if equipped). ATV controls may vary from vehicle to vehicle. Your ATV may not have all of the following controls, but familiarize yourself with the controls it does have. Locate the following controls as you consult your owner's manual:

- Parking Brake
- Throttle (full, half, quarter)
- Engine Stop Switch
- Fuel Supply Valve (if equipped)
- Transmission Levers H, L, R, N & P (if equipped)
- Ignition Switch
- Starter (pull, kick, electric)
- Hand Brake, Foot Brake

Drill 2: Mount the ATV. Maintain proper posture and identify and operate each control. Without looking down, try mounting your ATV while remembering to keep your head and eyes looking straight ahead.

TIPS:

- Make sure all the controls work properly. Use your owner's manual to help you check out your ATV.
- Remember that controls may vary from model to model and you should do this exercise whenever you ride a different ATV.

WATCH FOR:

- Motorcyclists: Watch for using the left brake lever as a clutch.
- Trouble changing the gear selector.
- Awkwardness in reaching controls.

SUGGESTIONS:

- Motorcyclists must modify old reflexes for controls and turning.
- Consult the owner's manual. Try rocking the ATV slightly while moving the transmission lever if the gear selector is not engaging smoothly.
- Reposition handlebars or controls for ease of operation and check adjustment as stated in the owner's manual.

PART II - ATV OFF-ROAD PRACTICE GUIDE

EXERCISE 2 - BRAKING

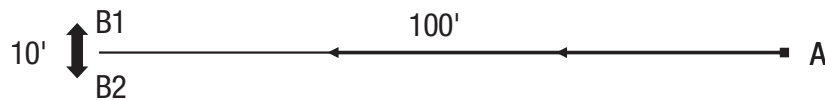
Objective: To use the brakes properly to bring your ATV to a smooth, safe stop.

Skills: Starting out, accelerating, stopping, and turning.

DIRECTIONS:

Drill 1: Braking - Straight path.

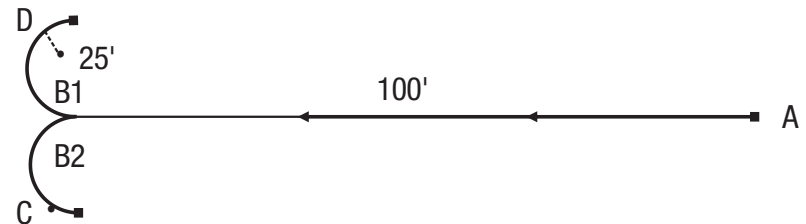
Put a marker down to indicate your starting point. Then place markers B1 and B2 100 feet down a straight path. Start your ATV and ride straight toward the second markers. Begin to slow down before you reach markers B1-B2. Come to a smooth, non-skidding stop with your front tire(s) between markers B1 and B2. Practice this a few times at a low speed, not exceeding 5 mph. Then try it at a slightly higher speed, not exceeding 10 mph. Ride straight toward B1-B2 with smooth acceleration. Begin to slow down BEFORE you reach markers B1 and B2. Come to a smooth, non-skidding stop with your front tire(s) between markers B1 and B2.



Drill 1

Drill 2: Braking - In a turn.

Place markers C and D as indicated in the diagram. Start at marker A and ride toward B1-B2. Accelerate to a speed of 5 mph. Begin to slow down by easing off the throttle as you go through markers B1-B2. Once through the markers, turn the handlebars to the left so that you make a gradual turn and come to a smooth, non-skidding stop with your front tire(s) next to marker C. Then practice this to the right with your front tire(s) stopping next to marker D. Like Drill 1, practice a few times limiting your speed to 5 mph. Then practice at slightly higher speeds, not exceeding 10 mph until you can stop smoothly and consistently at markers C and D.



Drill 2

TIPS:

- Keep your feet on the footrests at all times.
- Keep your head and eyes up.
- Look straight ahead when stopping in a straight line.
- Look around the turn as you slow down in the curve.

WATCH FOR:

- Overshooting the final marker.
- ATV turning to one side during braking in a straight line.
- Rear end sliding or skidding.
- ATV turning too wide in the curve.

SUGGESTIONS:

- Keep the handlebars straight and look ahead.
- Begin to slow down earlier. Apply brake pressure more gradually.
- Steer with the handlebars. Move forward and lean in slightly.



PART II - ATV OFF-ROAD PRACTICE GUIDE

EXERCISE 3 - TURNING

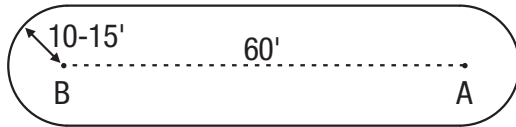
Objective: To demonstrate basic turning skills by shifting your weight properly to maintain balance and avoid the possibility of losing control of your ATV.

Skills: Throttle control, shifting weight, turning, and braking.

DIRECTIONS:

Drill 1: Turning - Large oval.

Place markers A and B 60 feet apart as indicated in the diagram. Ride around the outside of the markers so that you have made a large oval. Ride to the left a few times and then ride around to the right.



Drill 1

Drill 2: Turning - Small circles.

Now use those same markers as the center of two large circles. Ride around marker A to the left. Continue riding around to the left and decrease the radius of the circle so that you are making tighter turns, then ride around marker B to the right and practice decreasing your turning radius.



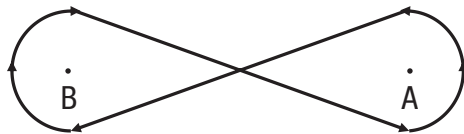
Drill 2

EXERCISE 3 - TURNING

DIRECTIONS:

Drill 3: Turning - Figure 8.

Combine the circles around marker A and marker B so that you are doing a large figure 8. As your skills increase, move the marker closer together (25 feet apart) so that the figure 8 becomes smaller.



Drill 3

TIPS:

- Keep your feet on the footrests at all times.
- Look ahead, concentrating on your intended path of travel.
- Slow down before the turn and gently increase the throttle as you exit the turn.
- Use "Body English" (leaning in) to help maintain balance during turns.
- Move your body weight forward and to the inside of the turn.
- Turn the handlebars while looking in the direction of the turn.

WATCH FOR:

- ATV tipping.
- ATV turning wide.

SUGGESTIONS:

- Lean your body farther into the turn.
- Slow down. Put more weight up front, use more effort to turn the handlebars, and look in the direction of the turn.

NOTE: If the terrain you are using has ruts or other obstacles, include Exercise 9 after Exercise 3.

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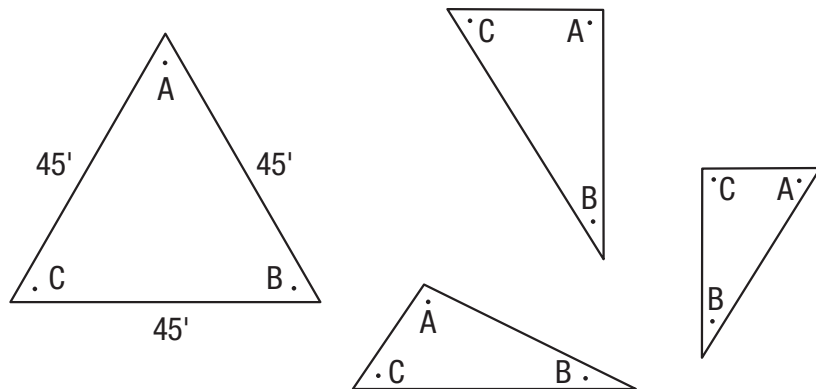
EXERCISE 4 - SHARP TURNS

Objective: To make sharp turns without tipping the ATV by coordinating braking, weight shifting, and throttle control to maneuver the ATV in tighter turns.

Skills: Shifting weight, turning, throttle control, and braking.

DIRECTIONS:

Drill: Place three markers down to create a triangle with sides of equal length. The sides should be at least 45 feet long. Ride around the outside of the triangle going to the left. Stay within three feet of the triangular path. After this is mastered, ride the triangle to the right. Then change the sides and angles of the triangle and practice with each new triangle.



TIPS:

- Keep your feet on the footrests at all times.
- Slow down before the turn.
- Look through the turn at your intended path of travel.
- Gently increase the throttle as you exit the turn.
- Lean in and turn the handlebars in the direction of the turn.

WATCH FOR:

- ATV turning wide.

SUGGESTIONS:

- Slow down more prior to the turn.
- Lean into the turn more.
- Apply throttle gradually to avoid unweighting the front end.
- Bend your elbows and lean forward a bit to maintain weight on the front wheel(s).

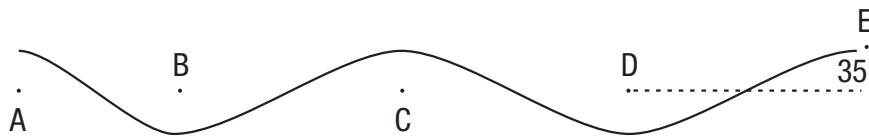
EXERCISE 5 - QUICKER TURNS

Objective: To make quicker turns to avoid an obstacle by coordinating speed, body position, and weight shift to help you make quick directional changes.

Skills: Shifting weight, steering with the throttle, and changing direction.

DIRECTIONS:

Drill: Put five markers down at 35-foot intervals. Travel to the left of the first marker and then to the right of the second and continue until you reach the last marker. At first, practice at slow speeds, then gradually increase your speed. Do not exceed 10 mph. After you have mastered this, move the markers closer together. Do not move them closer than 18 feet apart.



TIPS:

- Keep your feet on the footrests at all times.
- Shift your weight quickly to initiate the turn. To shift your weight effectively, rise up slightly standing on the footrests, quickly move your hips, and lean your body to the inside of each turn.
- To go left, apply a slight left turn to the front wheel(s), quickly lean left, and apply a short burst of throttle. To go right, do the opposite.
- Do not look at the next marker you are approaching. Look ahead; do not fixate on a marker.

WATCH FOR:

- Running over markers as you try to go around.

SUGGESTIONS:

- Swing wider as you go around the marker, and shift your weight more.
- Use a quicker burst of throttle but not enough to unweight the front end.

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EXERCISE 6 - QUICK STOPS

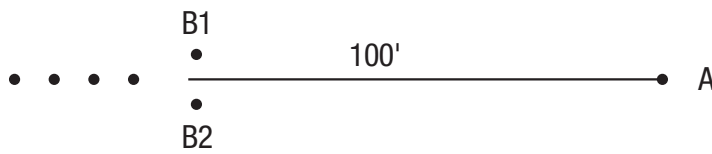
Objective: To make a smooth, safe stop in the shortest possible distance. Practicing these drills will help enable you to stop quickly should an obstacle suddenly appear in your path.

Skills: Accelerating, stopping, and braking while turning.

DIRECTIONS:

Drill 1: Quick Stops - Straight path.

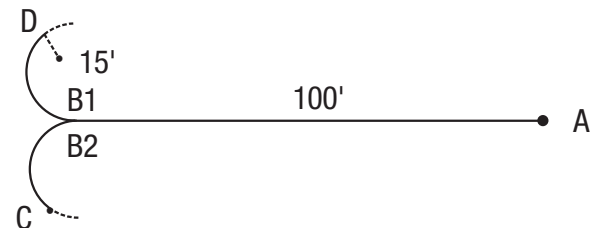
Place markers A, B1, and B2 as indicated in the diagram. Start at marker A and ride toward B1-B2 not exceeding 10 mph. Be sure to maintain your speed until you pass B1-B2. When the ATV PASSES markers B1-B2, stop as quickly and safely as you can. Notice where you stop. Put some sort of marker down there (a small rock perhaps). Do it again and stop smoothly and quickly, but in a shorter distance. Make your first two attempts at 10 mph. Remember to begin braking AFTER you have passed markers B1-B2. When you have mastered this exercise at 10 mph, attempt the exercise at slightly higher speeds not exceeding 20 mph.



Drill 1

Drill 2: Quick Stops - In a turn.

Place markers C and D as indicated in the diagram. Start at marker A and ride toward B1-B2. When you reach B1-B2, veer left toward marker C. When you PASS marker C, stop as quickly and safely as you can. Note where you stop. Put some sort of marker down. Do it repeatedly and stop smoothly and quickly, but in a shorter distance. Make your first two attempts going 10 mph. Remember to begin braking AFTER you have passed marker C. When you have mastered this exercise at 10 mph slightly increase your speed, but do not exceed 15 mph. Practice this to the right and stop quickly after you have PASSED marker D.



Drill 2

TIPS:

- Keep your feet on the footrests at all times.
- Keep your head and eyes up.
- If you accidentally lock the wheels, release the brakes momentarily and reapply the brakes more gradually.

WATCH FOR:

- ATV swerving to one side.
- Rear end sliding or skidding.
- Front end sliding or skidding.

SUGGESTIONS:

- Center your body on the ATV. Look where you want to go.
- Apply less rear brake pressure.
- Apply less front brake pressure.



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EXERCISE 7 - HILLS

Objective: To ride up, turn around, and ride down a hill by using the proper techniques for safely making a U-turn.

Skills: Maintaining balance, shifting weight, application of brakes, and throttle control.

DIRECTIONS: Make sure your parking brake is in working order before doing this exercise.

Drill 1: Climbing, turning, and descending.

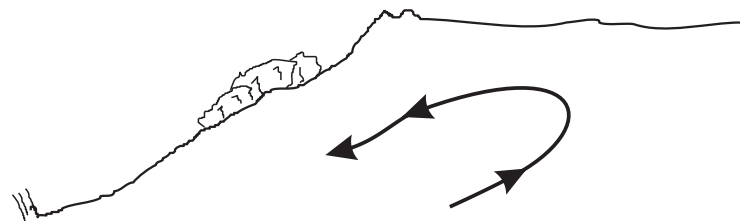
For this exercise, select an easy hill, free of obstructions (easy to climb on foot). Start your approach to the hill by accelerating before the base of the hill to maintain momentum while climbing the hill. Turn the ATV to the left, in an arc, before you reach the top. Keep turning, using your remaining momentum until you are facing downhill. Descend the hill at a lower speed and as you descend, slow down by applying the brake(s). Then practice to the right.

If you are riding uphill and lose all forward momentum:

- Keep your weight uphill, and apply the brakes to come to a stop. Never allow the ATV to roll backwards.
- Apply the parking brake while keeping your weight uphill.
- Dismount on the uphill side or on a side if pointed straight uphill, and follow the procedure described in your owner's manual.
- Do not attempt to ride backward down a hill. Should you begin rolling backward, do not apply the rear brake abruptly. Using the rear brake only or abruptly could cause the ATV to roll over backward.

If you begin rolling backward follow these steps:

- Keep your weight uphill, and apply the front brake. If your ATV does not have a front brake, follow the procedure described in your owner's manual.
- When you have come to a complete stop, apply the rear brake. Then apply the parking brake and dismount on the uphill side. If pointed straight uphill, dismount to either side and follow the procedure described in your owner's manual.
- If the ATV continues to roll backward, dismount to the uphill side immediately.



Drill 1

TIPS:

Climbing

- Some hills are too steep for your abilities. Do not exceed your capabilities.
- Some hills are too steep for your ATV regardless of your abilities.
- Keep both feet firmly on the footrests.
- Shift your body weight forward on the seat as you go up the hill. For steeper hills, lean forward more, move up on the seat or stand, and position your torso over the front wheel(s).
- As you near the top and turn, shift your body weight to the uphill side for balance by leaning into the hill.

Descending

- To go downhill, shift your weight back. On steeper downward slopes, straighten but do not lock your knees and elbows. Then bend forward sharply at the waist so that your posterior is over the back of the seat.
- Use the brake(s) to slow you down as you descend the hill.
- The key to successfully performing this exercise is to shift your weight smoothly from forward (as you climb) to the uphill side (as you turn) and to the rear (as you descend). For smooth weight shifts, raise up slightly off the seat.



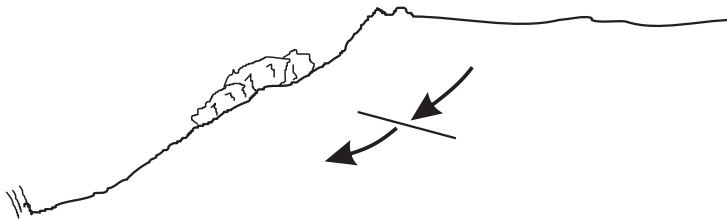
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EXERCISE 7 - HILLS

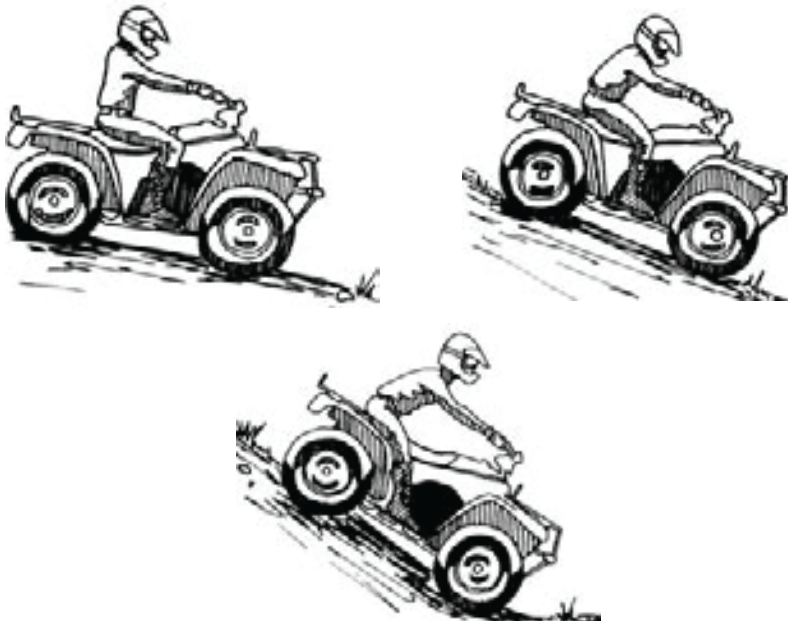
DIRECTIONS:

Drill 2: Stopping while descending.

As you descend the hill, slow down by gradually applying the brake(s) and then stop.



Drill 2



WATCH FOR:

- ATV losing all momentum going up the hill.
- ATV descending too quickly.
- Wheels locking, creating a slide.
- ATV rolling backward while you are on it.

SUGGESTIONS:

- Approach at a higher speed. Do not attempt to turn your ATV if you do not have the momentum to make the 180 degree turn. Apply the brake(s) before you lose speed. Do not let the ATV roll backwards.
- Maintain smooth braking. Use Low gear. Do not apply the throttle.
- Release brakes and then immediately reapply the brakes more gradually.
- **DO NOT LET THE ATV ROLL BACKWARD ON A HILL.** If your ATV has a front brake, you can try to stop the ATV by using only the front brake. Move your body weight forward and use the front brake to slow the ATV to a stop. Once the ATV comes to a complete stop, dismount on the side immediately. Do not attempt to ride backward down a hill. Using the rear brake only or abruptly could cause the ATV to roll over backward.

EXERCISE 8 - TRAVERSING HILLS

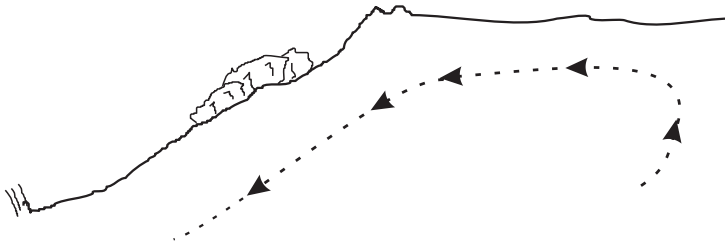
Objective: To use the correct technique to ride across a hill so that you will not lose your balance or directional control.

Skills: Shifting weight, maintaining balance, and throttle control.

DIRECTIONS: Make sure your parking brake is in working order before doing this exercise.

Drill: For this exercise, select an easy hill free of obstructions. Start your approach and accelerate before the base of the hill to maintain momentum while climbing the hill. Turn the ATV to the left, ride across the slope, and then ride down the hill. Repeat the exercise to the right.

Reminder: Traversing hills is tricky, so practice this carefully. Remember, **DO NOT LET THE ATV ROLL BACKWARD.**



WATCH FOR:

- ATV losing momentum going uphill.
- Front wheel(s) lifting as you climb the hill.
- ATV tipping as you traverse the hill or turn.
- Rear end sliding downhill while traversing.
- Excessive jarring as the front wheel(s) encounters bumps on descent.

TIPS:

- Keep both feet on the footrests.
- Apply the same principles for climbing and descending as you did in the previous exercise.
- Exaggerate your weight shifts.
- If the ATV starts to turn downhill as you traverse the slope, turn the front wheel(s) slightly uphill to keep the ATV going straight across the hill.
- If the ATV begins to tip, turn the front wheel(s) downhill if the terrain allows you to do so. If the terrain prohibits your turning downhill, and shifting weight into the hill does not help, then dismount on the uphill side immediately.

SUGGESTIONS:

- Approach at a slightly higher speed.
- Lean forward more; move way up on the seat or stand and position your torso over the front wheel(s). Do not accelerate as quickly up the slope.
- Lean into the hill more. Move off the seat toward the uphill side. Weight the uphill footrest.
- Avoid abrupt changes in throttle position which could cause the rear wheels to lose traction.
- Shift more weight to the rear. Descend more slowly.

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EXERCISE 9 - RIDING OVER OBSTACLES

Objective: To use the proper technique to safely ride over obstacles which you cannot avoid.

Skills: Surmounting obstacles, and shifting weight.

DIRECTIONS: Make sure your parking brake is in working order before doing this exercise.

Drill: Choose small obstacles for your initial practice. A small rut, mound, or small log will work fine. Approach the obstacle at walking speed and as close to a 90 degree angle as possible. Rise up slightly on the footrests and apply a small amount of throttle as the front wheel(s) reaches the obstacle. Lean forward and release the throttle after the front wheel(s) clears the obstacle. Return to your normal riding position after the rear wheels clear the obstacle.



NOTE: If the terrain you are using has ruts or other obstacles, include Exercise 9 after Exercise 3.

WATCH FOR:

- Excessive jarring from impact.
- ATV failing to continue straight over the obstacle: i.e., As the front wheel(s) clears, the ATV turns to one side.
- Front wheel(s) pushing the obstacle rather than crossing over it.
- Rear wheels hitting the obstacle with excessive impact.

TIPS:

- Be sure to stand on the footrests when performing the exercise.
- Be sure to bend your elbows and knees so that you can use them as shock absorbers.
- Mounds and ruts are considered obstacles.
- If only one front or rear wheel goes over the obstacle, be prepared to shift your weight and maintain balance as the ATV leans to one side.

SUGGESTIONS:

- Bend knees and arms more.
- Keep a firm grip on the handlebars (even though your arms are bent) to keep the ATV pointed straight ahead.
- Apply a small amount of throttle as the front wheel(s) meets the obstacle. Release the throttle as soon as the front wheel(s) has gone over the obstacle.
- Lean forward slightly once the front wheel(s) has gone over the obstacle in order to unweight the rear wheels. The throttle must be released before the rear wheels meet the obstacle.



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