Wear goggles
They protect your eyes.
They should:
▶ not be scratched
▶ fit right
▶ have vents.

Wear gloves
They protect your hands from getting tired, cold, and sore.
They should:
▶ have padded knuckles.

Wear boots
They protect your feet and keep your feet on the foot rests.
They should:
▶ come up over your ankles.

Wear a helmet
It protects your head.
It must be:
▶ worn on every ride
▶ a Department of Transportation-approved helmet.

Wear long sleeves
They protect your arms from getting cuts and scratches.

Wear long pants
They protect your legs from cuts, sunburn, windburn, and getting cold.
They can be:
▶ denim or riding pants.

The American Academy of Pediatrics recommends that no one under age 16 ride ATVs or other motorized vehicles. Manufacturers warn that full-sized ATVs are not designed for children under age 16.

If you choose to ride, remember that all ATV riders should:

☑ Always wear your helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.
☑ Ride an ATV that is right for your size.
☑ Never carry a passenger on a single-rider ATV.
☑ ATVs are not for road driving. If you must cross a road, be sure it is safe and allowed by law.
☑ Ride at a safe speed and only on trails marked for ATV use.
☑ Attend an ATV driver’s safety course.
☑ Never drink alcohol or do drugs when riding an ATV.