

# All Terrain Vehicle - Sit-Astride

## At a glance...

### Training (with Assessment) Competence with Modules

Duration Notes:	The expected duration for the course is one day, however please note this may vary according to factors such as level of experience, modules or attachments selected, or the ratio of Instructors to Learners.
Delivery Method:	Training (with Assessment) Competence with Modules
Recognised by:	This course is recognised by the HSE/HSA/HSENI. Every employer has the responsibility to ensure that all persons who use or supervise those using work equipment have received adequate training for purposes of health and safety.

## Introduction

Learners can master the basics of sit-astride ATV riding with our intensive course.

## Overview in brief

Sit-astride all terrain vehicles (ATVs, also known as Quad Bikes or Quadbikes) are incredibly versatile machines.

Their flexibility means they can work with a range of attachments, including trailers, sprayers and spreaders. That makes them popular across many agricultural businesses.

But that popularity comes with the potential for danger. Without proper training, serious accidents can – and do – occur.

Our course is aimed at learners with little experience of ATV riding.

Once you've completed the course, you'll receive a certificate of training for sit-astride ATVs – including loads and trailed equipment.





## The finer details

Our experienced instructors will guide you through all the key areas required to master ATV riding.

There's a balanced mix of theory and practice, starting with a detailed look at key health and safety issues.

You'll also learn the finer points of route planning and understand exactly what the vehicle can do.

And then you'll be on the vehicle and into a series of practical sessions.

You'll be taught basic manoeuvres and get to grips with riding on a range of different and challenging terrains.

Operating the vehicle with loads and trailers will also be covered.

Course details:

- Accident prevention
- What is an ATV?
- Daily/safety checks
- Possible problems
- Route planning – risk assessment
- Familiarisation with instruments and controls
- Starting and stopping the machine
- Driving the machine – basic manoeuvres
- Ascend/Descend/Traverse safely
- Limitations of loaded ATVs
- Practical exercise.

## Who should attend?

Anyone required to use a sit-astride ATV as part of their work. This would include novices and experienced operators who require their skills up-dating, with certification.

We'd recommend a 1 day course for experienced learners and a 2 day course for those with little experience. If you're a complete novice, you may need longer to complete this course.

## What will be covered?

By the end of the course, you'll be able to:





- Comply with legal requirements with an emphasis on safe practice
- Identify the risks associated with using a sit-astride ATV
- Select and use appropriate personal protective equipment (PPE)
- Understand the main causes of accidents
- Identify the controls and components
- Understand the function of all instruments
- Carry out daily checks as indicated in the operator's manual
- Carry out appropriate pre-start checks
- Identify and report any faults
- Start up and drive over a variety of terrain and ground conditions
- Carry out a 'failed hill' climb (full course only)
- Carry out a risk assessment and plan the route
- Operate the sit-astride ATV safely on a variety of slopes and terrain (full course only)
- Identify loading/towing capacities
- Drive with loads and trailed equipment (full course)
- Load and secure for transport on the road (if appropriate)
- Understand legal and practical requirements for travelling on the public road
- Identify track profile and weight transfer
- Load and unload machine from trailer/lorry.

### Other areas of interest

- ATV - Sit-in Conventional Steer
- ATV - Sit-in Skid Steer.

