

Oregon ATV Safety Youth Rider Endorsement Program

# Rider Guide

Class I ATV for Riders Ages 6 through 15

## OREGON ATV SAFETY Youth Rider Endorsement Program



Oregon State  
University



# OREGON ATV SAFETY

## Youth Rider Endorsement Program



Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, familial or parental status, gender identity or expression, genetic information, marital status, national origin, political beliefs, race, religion, reprisal, sex, sexual orientation, veteran's status, or because all or a part of an individual's income is derived from any public assistance program.

Oregon State University Extension Service is an AA/EOE/Veterans/Disabled.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA.

Copyright © 2019

Oregon ATV Safety Youth Rider Endorsement Program, Oregon 4-H Youth Development Program,  
Oregon State University Extension

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information and retrieval system, without written permission from Oregon ATV Safety Youth Rider Endorsement Program. Under no circumstances may the material be reproduced for resale. Please send requests in writing to:

OASYREP, 3800 SW Airport Way, Bldg. #4 • Redmond, OR 97756.

# CONTENTS

- PART I: PREPARATION AND ORIENTATION** ..... 2
  - SECTION 1: Preliminary Preparation..... 2
    - Parent/Guardian Information ..... 2
    - Goal of the Oregon ATV Safety Youth Rider Endorsement Program..... 4
    - Objective of the Oregon ATV Safety Youth Rider Endorsement Program ..... 4
    - Instructor Role ..... 4
    - Endorsed ATV Safety Education Cards..... 4
    - Endorsement is Not Guaranteed..... 4
  - SECTION 2: How the Class is Conducted ..... 5
- PART II: EXERCISES** ..... 6
  - SECTION 1: Equipment Evaluation ..... 6
    - Exercise 1.1: Personal Protective Equipment ..... 6
    - Exercise 1.2: Rider Fit ..... 7
    - Exercise 1.3: ATV Operating Condition ..... 8
    - Exercise 1.4: Applicable Controls/Components ..... 8
    - Exercise 1.5: Starting and Turning Off the Engine..... 9
  - SECTION 2: Mental Riding Exercises..... 10
    - Exercise 2.1: Riding Safe ..... 10
    - Exercise 2.2: Riding Smart..... 11
    - Exercise 2.3: Riding Ethically ..... 11
  - SECTION 3: Pre-Riding Exercises..... 12
    - Exercise 3.1: Review of Range Rules ..... 12
    - Exercise 3.2: Range Hand Signals..... 12
  - SECTION 4: Physical Riding Exercises..... 14
    - Exercise 4.1: Starting and Stopping ..... 14
    - Exercise 4.2: Quick Stops in a Straight Line ..... 15
    - Exercise 4.3: Turning..... 16
    - Exercise 4.4: Quick Stops in Turns ..... 17
    - Exercise 4.5: Weaving..... 18
    - Exercise 4.6: Evasive Moves..... 19
    - Exercise 4.7: Obstacles – Single-Track and Dual-Track..... 20
- Part III: Appendix** ..... 21
  - References..... 21
  - Acknowledgments ..... 22
  - Registration & Contact Information ..... 23

Part

## I

# Preparation & Orientation

## Section 1: Preliminary Preparation

### Parent/Guardian Information

The Oregon ATV Safety Youth Rider Endorsement Program (OASYREP) is a hands-on ATV rider training program for riders age 6 through 15. There are things you need to know and things you can do to assure that your child has a safe, fun, and successful experience in an OASYREP class. The following are required for a child to participate in a class:

1. An OPRD ATV Safety Education Card available at [www.rideatvoregon.org](http://www.rideatvoregon.org). The ATV Safety Education Card or documentation of completion must be presented to the Instructor at the start of the class.
2. An appropriately sized ATV that is in good running condition. An ATV safety check will be conducted. ATVs not passing the safety check will not be permitted.
  - Assure the engine starts and runs smoothly.
  - Assure that all ATV controls are functional:
    - Throttle snaps back.
    - Engine cut-off switch operates properly.
    - Brakes function smoothly and are adjusted per manufacturer's specifications.
  - Tires must have good tread and must be properly and uniformly inflated.



3. The following personal protective equipment must be worn by your child:
  - DOT-approved helmet with fastening chin strap.
  - Goggles or face shield.
  - Full-finger gloves.
  - Long pants.
  - Long-sleeved shirt or jacket.
  - Over-the-ankle boots.
4. Attendance requirements:
  - You must arrive on time. Classes will start on time. If your child is late, you will lose your place in the class and your non-refundable registration fee.
  - Your child must complete and pass all exercises.
  - If your child cannot meet the minimum standards, he/she will be dismissed from the class. Your child will not receive an endorsement.
5. Parent supervision: You must accompany and observe your child's entire class.
6. Read the entire OASYREP Rider Guide with your child. For safety reasons, you will not be permitted to coach your child during the class. Your child is expected to learn and demonstrate the necessary mental and physical riding skills without assistance. Please enjoy your child's success by remaining off the class range.
7. Three-wheeled ATVs are not permitted.
8. A signed Release of Liability is required to participate in the class.

The OASYREP Instructor is eager to help your child succeed. Your attention to these details is greatly appreciated.

Questions regarding the OASYREP can be directed to Dr. David White at [david.white@oregonstate.edu](mailto:david.white@oregonstate.edu) or you can call 541-548-6088.

### **Goal of the Oregon ATV Safety Youth Rider Endorsement Program**

The OASYREP class is designed to provide youth with the opportunity to receive the hands-on endorsement necessary to ride on Oregon public lands.

### **Objective of the Oregon ATV Safety Youth Rider Endorsement Program**

Youth will learn and demonstrate the mental and physical riding skills necessary to meet the minimum hands-on standards to operate an ATV on Oregon public lands.

### **Instructor Role**

In an OASYREP class, the Instructor will explain endorsement requirements, what mental and physical riding skills will be learned, and demonstrate the minimum rider standards being taught. The Instructor will then evaluate youth mental and physical ATV riding skills.

### **Endorsed ATV Safety Education Cards**

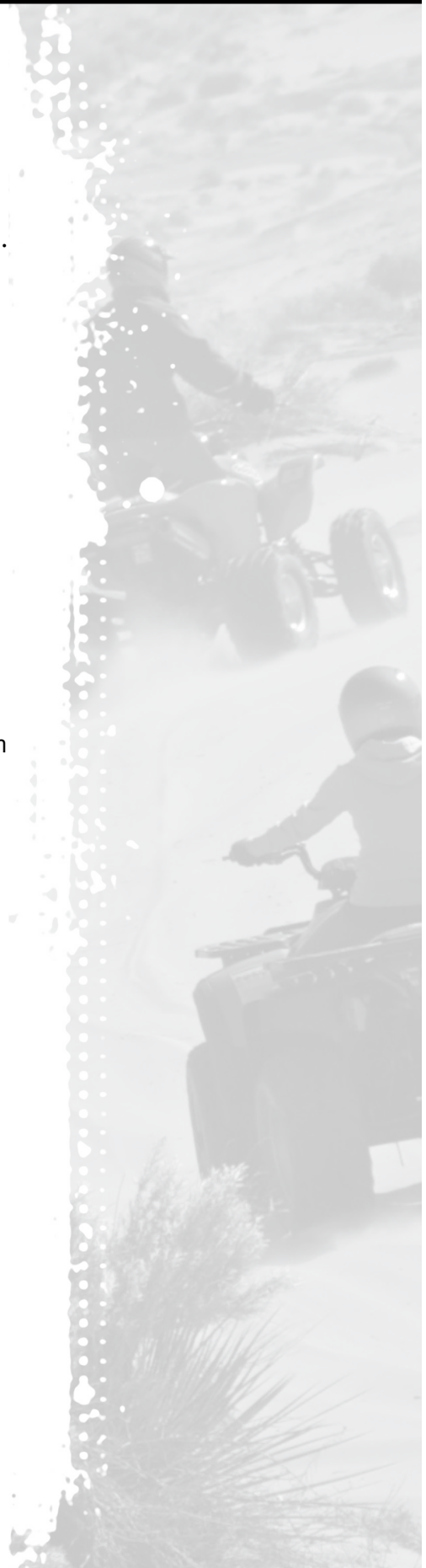
Youth successfully passing the class will receive a temporary ATV Safety Education Card. The Oregon Parks and Recreation Department will issue youth a new ATV Safety Education Card with the endorsement approximately 30 days after completing the class.

### **Endorsement is Not Guaranteed**

Enrolling in an OASYREP class does not guarantee youth participation will lead to a hands-on endorsement. A satisfactory rating must be achieved in each exercise to obtain an endorsement.

## Section 2: How the Class is Conducted

1. The Instructor will validate a rider's participation in class through confirmation of the following:
  - Oregon All-Terrain Vehicle Safety Education Course completion.
  - Personal protective equipment.
  - Rider fit.
  - ATV operating condition.
  - ATV controls and components.
  - Starting and turning off the engine.
  - Review of safe, smart, and ethical ATV riding.
  - Range rules.
  - Range hand signals.
2. The Instructor will verify physical riding skills through evaluation of your ability to:
  - Start and stop an ATV.
  - Quickly stop an ATV in a straight line.
  - Turn an ATV.
  - Quickly stop an ATV in a turns.
  - Weave.
  - Perform evasive moves.
  - Traverse obstacles.
3. Your mental and physical riding skills will be evaluated using an OASYREP satisfactory/non-satisfactory scoring system.





Part

# II

# Exercises

## Section 1: Equipment Evaluation

### Objectives

1. You will learn what personal protective equipment must be worn to participate in an OASYREP class.
2. You will learn what Oregon rider fit standards must be met.
3. You will learn about ATV operating condition.
4. You will learn about ATV controls and components
5. You will learn how to start and turn off the engine

### Exercise 1.1: Personal Protective Equipment

Appropriate personal protective equipment is required (see Figures 1 and 2).

#### Head

Your helmet must be DOT approved and should fit snugly but not so tight that it causes headaches or creates sore spots. The chin strap must be securely fastened.

#### Eyes

You must wear a face shield or goggles that are impact and penetration resistant.

#### Hands

You must wear full-finger gloves.





### Feet and Ankles

You must wear boots that cover the ankles. Boots with rubber soles and low heels are best.

### Exercise 1.2: Rider Fit

Your ATV is properly fitted to your size if the following standards are met.

#### Brake Reach

With your hands placed in the normal operating position and your fingers straight out, the first joint (from the tip) of your middle finger must extend beyond the brake lever and/or clutch lever (see Figure 3).

#### Leg Length

While sitting and with your feet on the pegs, your knees must be bent at least 45 degrees. The thighs should be approximately parallel to the footrests. The position of the knees should not be significantly above the points of the hips (see Figure 4).

#### Grip Reach

While sitting upright on your ATV, with your hands on the handlebars and not leaning forward, there must be a distinct angle between your upper arm and your forearm (see Figure 4).

#### Turning Reach

You must be able to turn the handlebars from lock to lock while maintaining grip on the handlebars and maintaining throttle and brake control (see Figure 5).

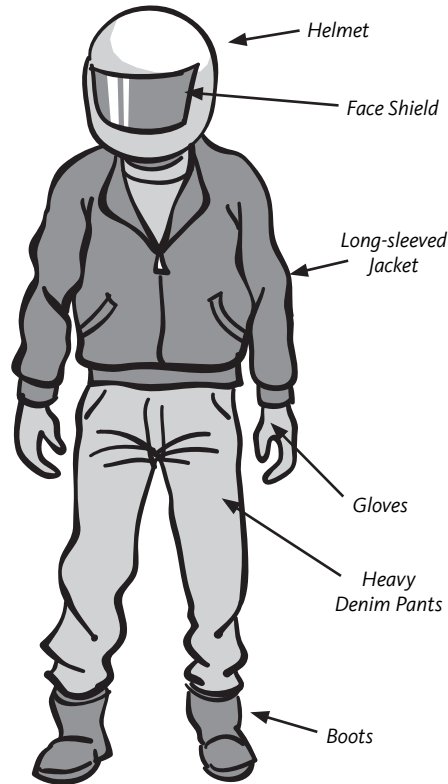


Figure 1  
Minimum Gear Required

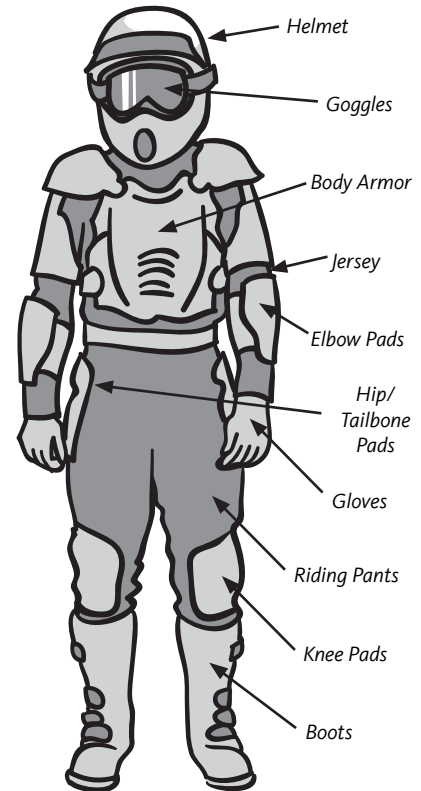


Figure 2  
Full Protective Gear

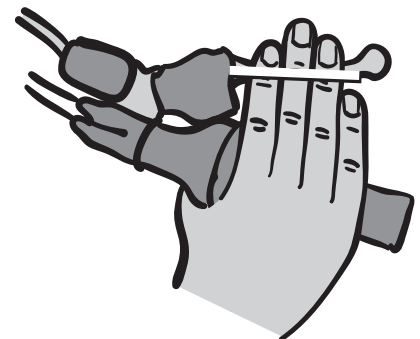


Figure 3  
Brake Reach

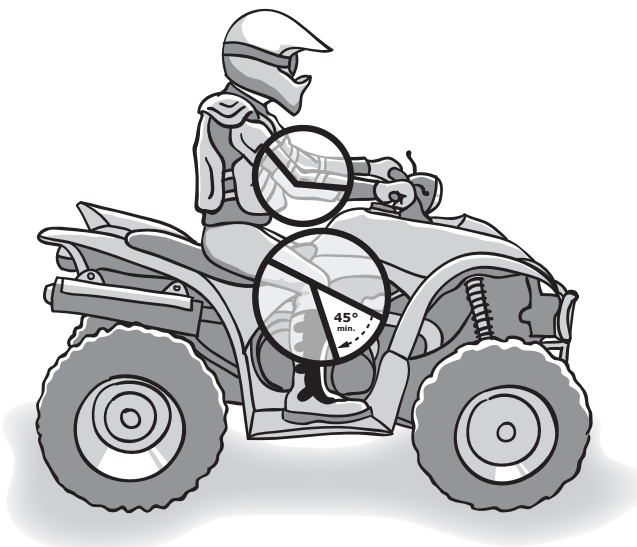


Figure 4  
Leg Length & Grip Reach

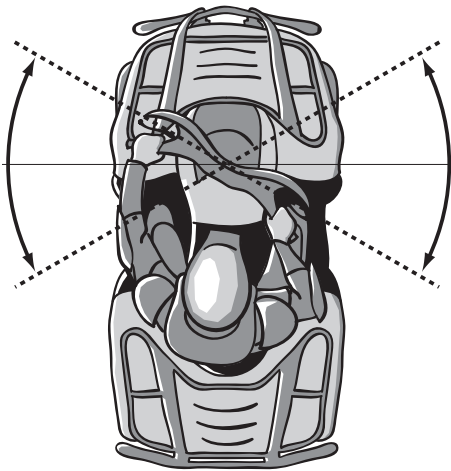


Figure 5  
Turning Reach

### Disabled Riders

Disabled operators are allowed to use prosthetic devices or modified or adaptive equipment to achieve rider fit.

### HOW YOU WILL BE EVALUATED

Your Instructor will verify that you fit your ATV based on the standards listed above. You must receive a satisfactory rating in this exercise to advance to 1.3.

### Exercise 1.3: ATV Operating Condition

Your ATV is in good and safe operating condition if it meets the requirements listed below. Before attending your OASYREP class, check your ATV operator's manual for specifications. Check to see that your ATV:

- Does have good tires that are properly and uniformly inflated.
- Does have operable controls.
- Does have functional front and rear brakes.
- Does have a working engine cut-off switch.
- Does have a working throttle that snaps back.
- Does have a properly running engine (does not continually stall or need to be continually started).

### HOW YOU WILL BE EVALUATED

Your Instructor will inspect and verify that your ATV is in good and safe operating condition. You must receive a satisfactory rating in this exercise to advance to 1.4.

### Exercise 1.4: Applicable Controls and Components

(See Figures 6 and 7.)

Practice pointing out and naming the following controls and components. Consult your owner's manual for location.

- Choke.
- Engine cut-off switch.
- Fuel supply valve.
- Ignition switch.
- Throttle lever.

- Front brake lever.
- Parking brake.
- Rear brake lever or clutch lever.
- Rear brake pedal.
- Starter switch.

### HOW YOU WILL BE EVALUATED

Your Instructor will ask you to point out and name the controls and components of your ATV. You must receive a satisfactory rating in this exercise to advance to 1.5.

### Exercise 1.5: Starting and Turning Off the Engine

Before you can safely start and turn off the engine, certain steps are necessary. You should practice the following:

- When mounting an ATV, do so from the left side using three points of contact.
  - Place your left hand on the left handle bar.
  - Followed by your right hand on the right handle bar.
  - Then step on to the left foot rest with your left foot and swing your right leg over the seat.
  - Dismount the ATV in reverse order.
- Check that the parking brake is set.
- Check that the ATV is in neutral.
- Start the engine.
- Then turn off engine using engine cut-off switch followed by the ignition switch.

### HOW YOU WILL BE EVALUATED

Your Instructor will verify that you can follow the steps listed above to start and turn off the engine. You must receive a satisfactory rating in this exercise to advance to 2.1.

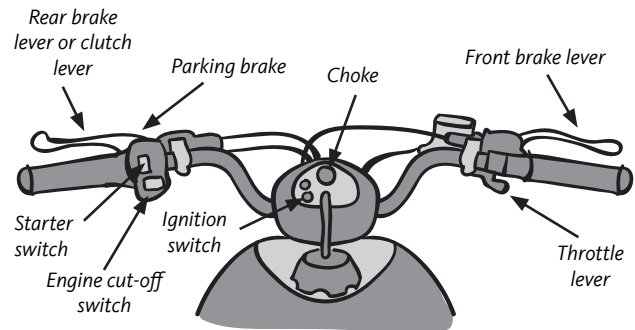


Figure 6  
ATV Controls and Components

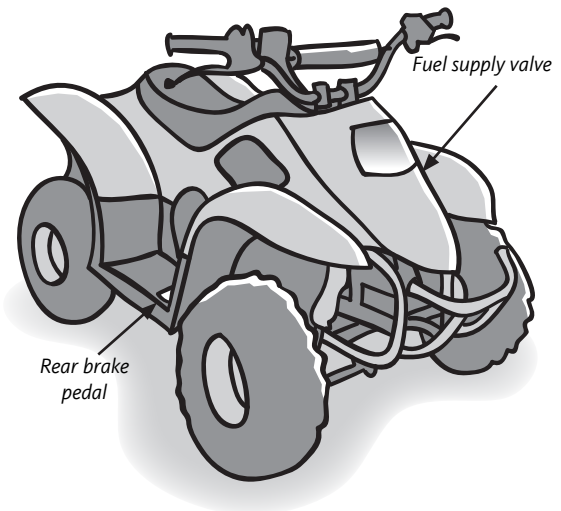


Figure 7  
ATV Controls and Components

## Section 2: Mental Riding Exercises

### Objectives

You will learn to identify some of the attitudes, decisions, and perceptions affecting safe, smart, and ethical ATV riding.

### Exercise 2.1: Riding Safe

#### HOW YOU WILL BE EVALUATED

Look at illustrations 2.1.1. and 2.1.2. Your Instructor will ask you a series of questions based on these illustrations, to verify your understanding of riding safe. You must receive a satisfactory rating in this exercise to advance to 2.2.



*Illustration 2.1.1*  
*One ATV = One Rider*  
*Riding double is asking for trouble!*



*Illustration 2.1.2*  
*When you meet others on the trail, pull over, stop your engine and take off your helmet. Let hikers, horseback riders, and bicyclists pass safely!*



## Exercise 2.2: Riding Smart

### HOW YOU WILL BE EVALUATED

Look at illustrations 2.2.1. and 2.2.2. Your Instructor will ask you a series of questions based on these illustrations, to verify your understanding of riding smart. You must receive a satisfactory rating in this exercise to advance to 2.3.



Illustration 2.2.1  
Size is important.

*Uh, oh! Little rider, BIG machine, HUGE problem!*



Illustration 2.2.2

*Dress safely. Always wear your helmet, goggles, a long-sleeved shirt, gloves, long pants, and boots. At the end of the day, you'll be glad you did!*

## Exercise 2.3: Riding Ethically

### HOW YOU WILL BE EVALUATED

Look at illustrations 2.3.1. and 2.3.2. Your Instructor will ask you a series of questions based on these illustrations, to verify your understanding of riding ethically. You must receive a satisfactory rating in this exercise to advance to 3.1.



Illustration 2.3.1

*Always stay on the trail. Riding off-trail damages the land and is dangerous!*



Illustration 2.3.2

*Cross rivers and wetlands only where you are supposed to. Splashing around hurts wetlands and all the animals that live there!*

## Section 3: Pre-Riding Exercises

### Exercise 3.1: Review of Range Rules

To ensure your safety and that of your classmates, the following rules will be used, without exception:

1. Do not mount or ride your ATV without your Instructor's permission.
2. Demonstrate only what is being taught.
3. Wear all your personal protective equipment when mounted on your ATV.
4. Cover your brake lever when you are not moving.
5. Keep your thumb off the throttle until you are ready to move forward.
6. Always check all around your ATV before moving.
7. Maintain a safe distance between you and the rider ahead of you.
8. Do not pass other riders on or off the course.
9. Always use the engine cut-off switch, then turn the key to the off position.
10. If you have a problem, move off course and signal your Instructor.
11. You can always ask your Instructor for clarification.
12. If you think you are unable to perform a task safely, notify your Instructor.

#### **HOW YOU WILL BE EVALUATED**

Your Instructor will read these range rules to you. Your Instructor will ask that you agree to follow all the rules as described. You must receive a satisfactory rating in this exercise to advance to 3.2.

### Exercise 3.2: Range Hand Signals

Certain hand signals will be used by your Instructor while you are on the range (see Figure 8). Your Instructor will go over hand signals that will be used during your time on the range. The hand signals used will let you know when to:

- Start engine
- Stop engine
- Rider ready
- Stop
- Speed up
- Slow down
- Eyes up
- Move forward
- Go left
- Go right
- Return to staging

### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the hand signals that are described and illustrated in this exercise. You will be asked to identify the hand signals being demonstrated. You must receive a satisfactory rating in this exercise to advance to 4.1.

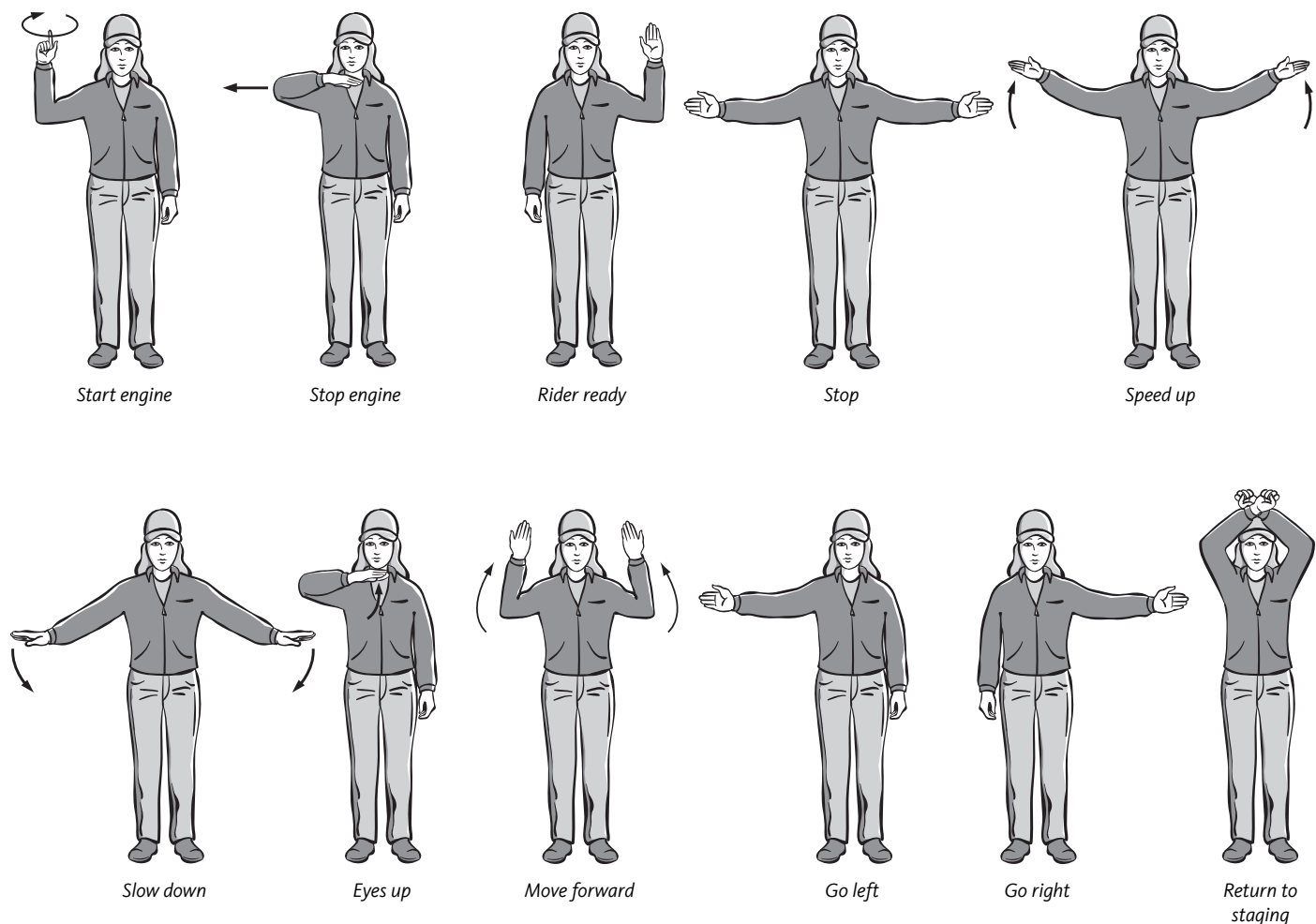


Figure 8  
Range Hand Signals



## SECTION 4: Physical Riding Exercises

### Exercise 4.1: Starting and Stopping

#### Objective

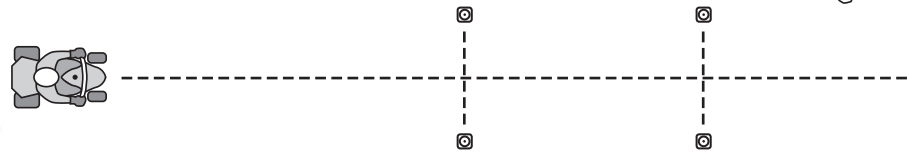
You will learn and demonstrate control of your ATV while getting underway and coming to a controlled stop.

#### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the starting and stopping riding skill being taught. You will be asked to demonstrate this riding skill. You must receive a satisfactory rating in this exercise to advance to 4.2.

1. When signaled, move forward and maintain a steady speed.
2. When signaled, come to a safe, controlled stop.
3. Use both front and rear brakes.
4. When signaled, return to the staging area.

#### Endorsement Pattern



*Stop at designated points with minimal skidding as signaled.*

## Exercise 4.2: Quick Stops in a Straight line

### Objective

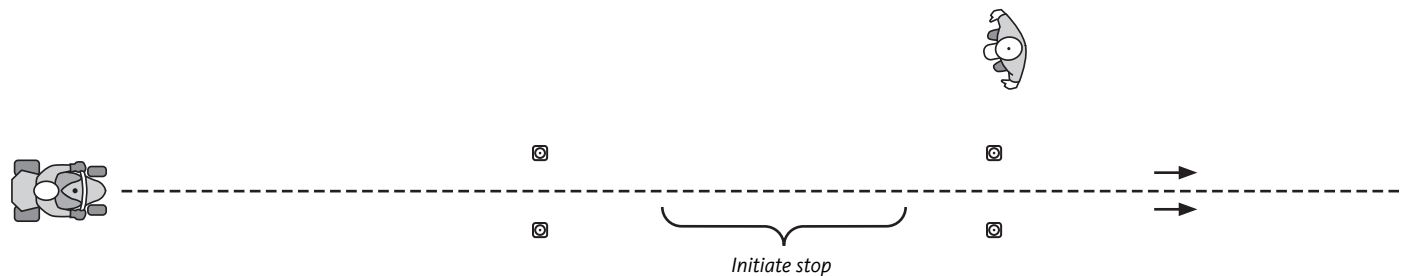
You will learn and demonstrate control of your ATV while making a quick stop in a straight line.

### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the stopping quickly in a straight line riding skill being taught. You will be asked to demonstrate this riding skill. You must receive a satisfactory rating in this exercise to advance to 4.3.

1. When signaled, move forward and maintain a steady speed.
2. When signaled, stop as quickly as possible without skidding.
3. When signaled, return to the staging area.

### Endorsement Pattern



*Make a quick stop with minimal skidding when signaled.*

### Exercise 4.3: Turning

#### Objective

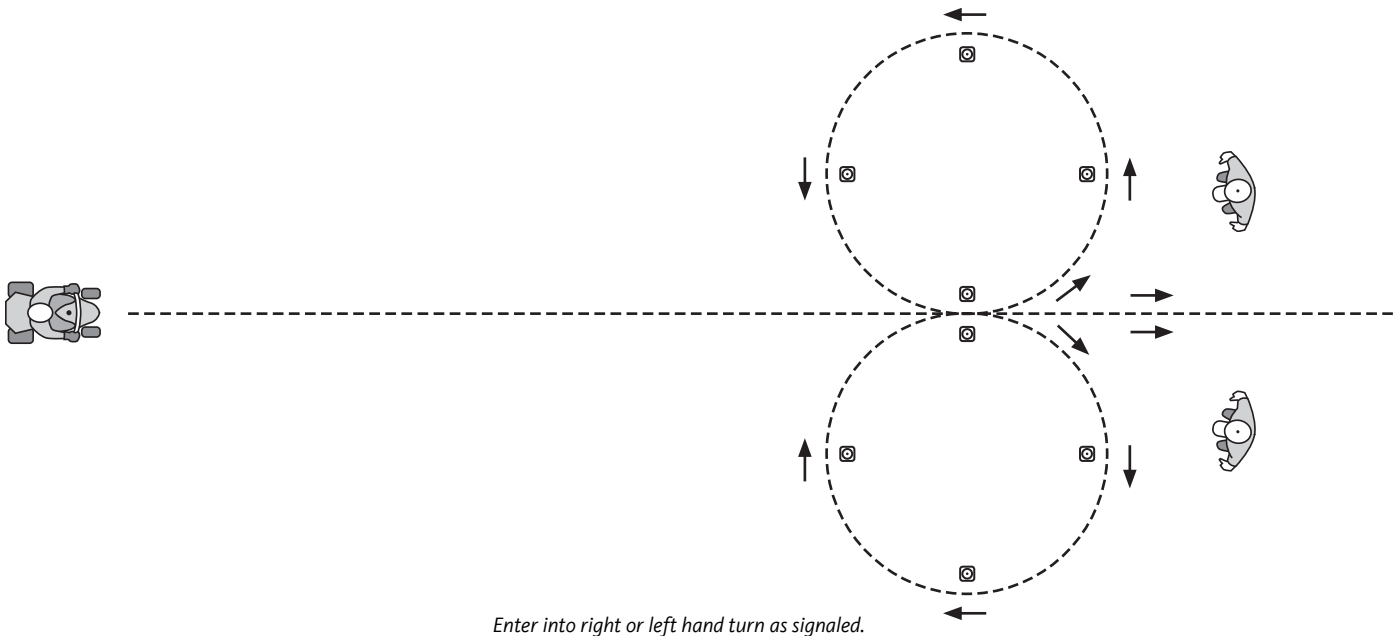
You will learn and demonstrate control of your ATV while completing turns to the right and left in a circle approximately 30 feet in diameter.

#### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the turning riding skill being taught. You will be asked to demonstrate this riding skill. You must receive a satisfactory rating in this exercise to advance to 4.4.

1. When signaled, move forward and maintain a steady speed.
2. When signaled, enter a right-hand or left-hand turn.
3. When signaled, exit turn.
4. When signaled, return to the staging area.

#### Endorsement Pattern



## Exercise 4.4: Quick Stops in turns

### Objective

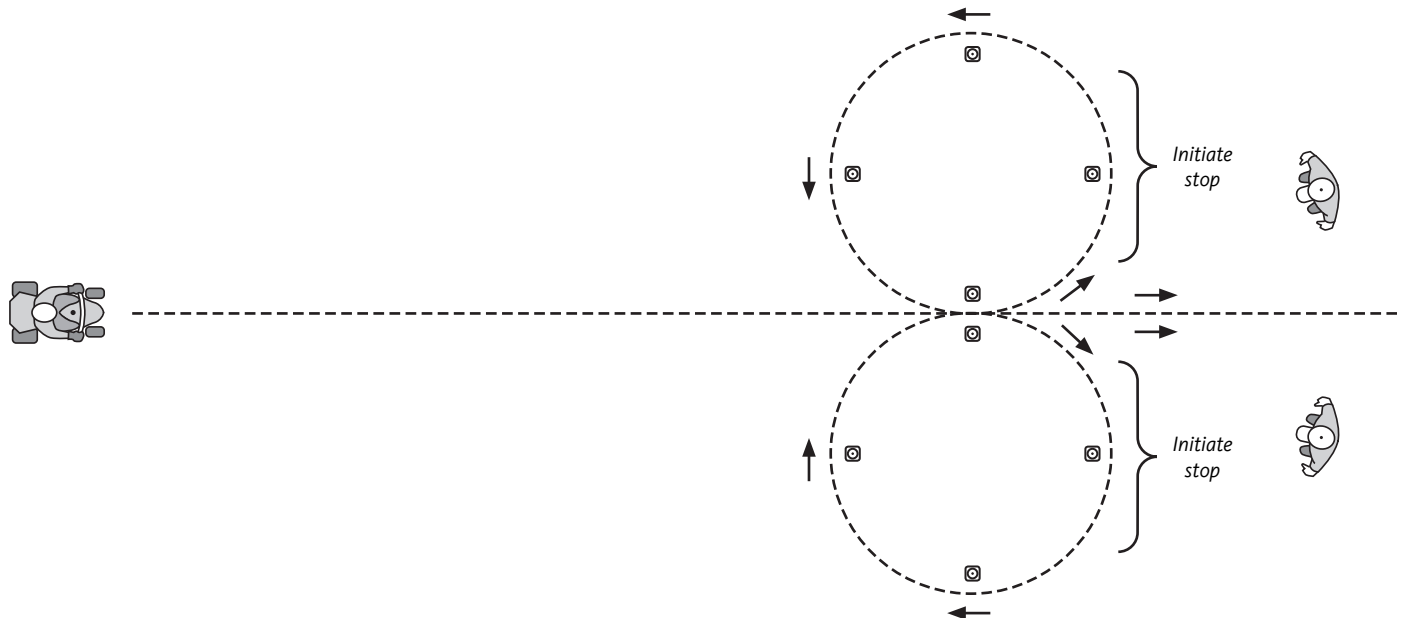
You will learn and demonstrate control of your ATV while making a quick stop in a turn.

### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the stopping quickly in a turn riding skill being taught. You will be asked to demonstrate this riding skill. You must receive a satisfactory rating in this exercise to advance to 4.5.

1. When signaled, move forward and maintain a steady speed.
2. When signaled, enter a right-hand or left-hand turn and stop as quickly as possible without skidding.
3. When signaled, return to the staging area.

### Endorsement Pattern



*Make a quick stop in a right-hand or left-hand turn when signaled.*

## Exercise 4.5: Weaving

### Objective

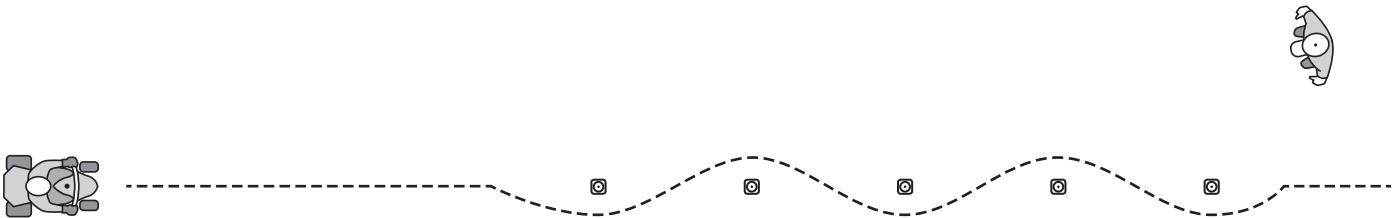
You will learn and demonstrate control of your ATV while weaving between cones.

### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the weaving riding skill being taught. You will be asked to demonstrate this riding skill. You must receive a satisfactory rating in this exercise to advance to 4.6.

1. When signaled, move forward and maintain a steady speed.
2. When signaled, enter the pattern from the right side of the first cone.
3. Continue to weave around the five cones.
4. When signaled, return to the staging area.

### Endorsement Pattern



*Enter and exit the weaving pattern as signaled.*

## Exercise 4.6: Evasive Moves

### Objective

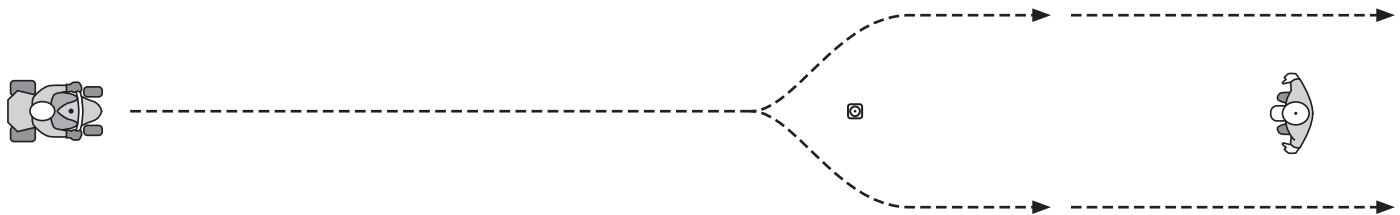
You will learn and demonstrate control of your ATV while veering around an obstacle.

### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the evasive moves riding skill being taught. You will be asked to demonstrate this riding skill. You must receive a satisfactory rating in this exercise to advance to 4.7.

1. When signaled, move forward and maintain a steady speed.
2. When signaled, veer right or left to avoid the obstacle. Try not to anticipate the signal.
3. When signaled, return to the staging area.

### Endorsement Pattern



*When signaled, evade the obstacle and maintain a straight path.*

## Exercise 4.7: Obstacles - Single-track and Dual-track

### Objective

You will learn and demonstrate control of your ATV while traveling over single-track and dual-track obstacles.

### HOW YOU WILL BE EVALUATED

Your Instructor will demonstrate the single-track and dual-track obstacle riding skill being taught. You will be asked to demonstrate this riding skill. You must receive a satisfactory rating in this exercise to receive an endorsement.

1. When signaled, move forward and maintain a steady speed.
2. When signaled, cross the two single-track obstacles.
3. Continue to the next set of obstacles.
4. Cross the two dual-track obstacles and return to the staging area.

### Endorsement Pattern



*When signaled, cross the first obstacle on the single track then proceed to cross the dual track.*





Part

**III****Appendix**

---

**REFERENCES**

National Off Highway Vehicle Conservation Council. (2011). *Adventure trail posters*. Great Falls, MT.

Oregon Parks and Recreation Department. (2011). *OPRD minimum training standards: Class I*. From [http://www.oregon.gov/OPRD/ATV/docs/OPRD\\_Minimum\\_Training\\_Standards\\_Class\\_I.pdf](http://www.oregon.gov/OPRD/ATV/docs/OPRD_Minimum_Training_Standards_Class_I.pdf)

Oregon Parks and Recreation Department. (2011). *2011 Oregon OHV guide*. Salem, OR

TEAM OREGON. (2007). *Basic Rider Training: Instructor's guide* (4th Ed.). Oregon State University. Corvallis, OR.



## ACKNOWLEDGMENTS

The Oregon ATV Safety Youth Rider Endorsement Program is the property of the Oregon 4-H Youth Development Program, the College of Public Health and Human Sciences, and the Oregon State University Extension Service.

The Oregon ATV Safety Youth Rider Endorsement Program was made possible by funding from the Oregon Parks and Recreation Department.

The Oregon ATV Safety Youth Rider Endorsement Program gratefully acknowledges the assistance of the TEAM OREGON Motorcycle Safety Program and its Director, Steve Garets.

The format and portions of the content of the Oregon ATV Safety Youth Rider Endorsement Program Rider Guide were borrowed with permission from TEAM OREGON.

The original Oregon ATV Safety Youth Rider Endorsement Program Rider Guide was reviewed by:

John Lane, Oregon Parks and Recreation Department

Ian Caldwell, Oregon Parks and Recreation Department

Wade Bryant, Oregon ATV Safety Youth Rider Endorsement Program

### Author/Consultants

David J. White, Ph.D., Director, Oregon ATV Safety

John Lane, Oregon ATV Safety Youth Rider Endorsement Program

Wade Bryant, Oregon ATV Safety Youth Rider Endorsement Program

Robin Galloway, OSU Extension Service, Linn County

### Graphic Designer

Jesse Springer, Springer Design & Illustration

### Branding

Karissa Dishon, OSU Extension Service, Deschutes County



---

## **REGISTRATION & CONTACT INFORMATION**

Register on-line by visiting: [www.oregonatvsafety.com](http://www.oregonatvsafety.com)

Email your questions to: [david.white@oregonstate.edu](mailto:david.white@oregonstate.edu)

Phone: 541-548-6088

Oregon All-Terrain Safety Education Course available by visiting:  
[www.rideatvoregon.org](http://www.rideatvoregon.org)



# NOTES





**Oregon State University**  
Extension Service



An Oregon 4-H Youth  
Development Program  
<https://extension.oregonstate.edu/4h>

[www.oregonatvsafety.com](http://www.oregonatvsafety.com)

[david.white@oregonstate.edu](mailto:david.white@oregonstate.edu)

541-548-6088

partial funding provided by:

