

# 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.<br><br>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.              |
| 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. |
| Prerequisites:  | There are no course prerequisites                                                                                                                                                                                                   |

## Introduction

Learners can master the basics of Sit-Astride ATV riding with our intensive course

## Overview in brief

Sit-Astride All Terrain Vehicles (ATV), also known as quad bikes and all terrain cycles, 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, forestry and leisure industry 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, with options 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.

New riders will gain the basic skills required to use ATVs effectively.

More experienced operators will be able to maximise their abilities to get the very best out of their vehicle.

**Worth noting:** Assessed certificated options are available, but may require additional time. These include:

- Tracked Accessory
- Wheeled
- Rough Terrain
- Towing Trailed Equipment
- Loading ATVs for Transport
- Carrying Loads.

## 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 updating, 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 functions of all the instruments
- carry out daily checks as indicated in the manufacturer's operator manual
- carry out appropriate pre-start checks
- identify and report any faults
- carry out an on-site risk assessment and plan the route
- identify loading and towing capacities.



With the following options to:

- operate the ATV safely on a variety of slopes and terrain
- carry out a failed hill climb
- demonstrate active riding
- drive with loads and/or trailed equipment
- load and secure vehicles for transport on the road.

## Other areas of interest

- All Terrain Vehicle - Sit-in Conventional Steer
- All Terrain Vehicle - Sit-in Skid Steer

