



All-terrain Vehicle (ATV) Safety

Everything you need to know to keep your family safe while using off-road vehicles and ATVs.

ATVs are large machines that can weigh up to 1200 pounds and travel at speeds up to 70 miles per hour. They come with no safety features such as seat belts, air bags or rollover bars and these machines are prone to tipping over, especially when driven on uneven surfaces. Most young kids and youth don't have enough upper body strength to bring an ATV to its upright position should it start tipping, often causing head injuries or crushing injuries to the chest. The American Academy of Pediatrics and Safe Kids recommends that youth under age 16 should not ride on an ATV, especially an adult-sized one.

If youth do ride on an ATV, here are some important safety tips:

- Choose a youth sized ATV that is more manageable in size and speed.
- Always have adult supervision when using the machine.
- Take an ATV safety course designed to teach drivers how to operate these machines. They are different from a standard bike or car and drivers need to learn the skills to properly turn and navigate the surface on which they are intended to be driven.

Visit the ND Parks & Recreation website for more information on ATV class registration: www.parkrec.nd.gov or scan this QR code.



- This class is required for all youth ages 12—15 who don't have a valid driver's license or permit if they will be riding on public land.
- North Dakota law requires all youth under age 18 to wear a helmet when riding.
- Don't allow passengers on the ATV. Most are meant for only one rider and putting other people on the vehicle changes the center of gravity, making it harder to control.



Proper gear when riding is important and makes the ride safer. Here are the items that should be used by riders:

- A proper fitting helmet designed for motorized sports
- A chest protector to prevent against crushing injuries to the chest
- Closed toed shoes: over-the-ankle boots are best
- Long pants and sleeves
- Gloves
- Eye protection / goggles

Drivers need to know the laws in their state about where these machines can be driven (private vs public land, highways, gravel roads, trails, etc.), age requirements and helmet laws.



An adult sized ATV is too large and difficult for most youth to safely operate.

We are grateful to our partners at AgCountry for their support of our ATV safety work.

**SAFE
K:DS**
GRAND FORKS

