

2 Must-Do's For Parents If They Want Safe ATV Riding For Their Kids

The ATV Safety Institute recently released safety notes to help reinforce the first and most important rule about ATV riding for kids – safety is number one priority. ATV workshops and coaching centers are reminded to help kids and youth remember that irregardless of how much fun they are having on their ATV, safety should be the number one priority. When interviewed about their thoughts when on their ATVs, most kids and youth sheepishly admit that their thoughts often stray from this rule. “I know that safety is the most important thing whenever I am riding my ATV but when your friend's catching up from behind you or when you're being dared to take on a very difficult track, all thoughts of safety fly out of my head. I know it's wrong but it's sort of something I can't help”, says 17-year-old James. And ‘help’ is what kids and youth like James need. Coaches, personal trainers and parents play a defining role in helping their kids stay safe on their ATVs. They have to realize that kids and youth often forget or do not realize that they are putting themselves into a dangerous position. The adrenalin rush and the excitement of the moment will make them cast caution into the air. Like what Heidi, 8, said, “...it's not that I want to forget. I can't help forgetting!” There are two very important things that we can do to help our youth stay safe on their ATVs. Number one, make it their habit to be safe. Like they always say, it's very hard to break a habit. The role of the parent, coach or trainer is to help them establish a routine and a habit to be safe. This way, even when they are tempted to behave rashly, they might think twice. And thinking twice cuts the chances of them doing something dangerous into half! That is half the battle won. The other half of the battle can be won over by providing the youth and kids with ATVs suitable for their age. Generally speaking, kids aged 6 and older should be given an ATV under 70cc. Kids between the age of 12 to 15 can handle ATVs between 70cc and 90cc while kids 16 years and above can manage a 90cc ATV pretty well. When their ATVs match their skills and ability, the chances of them exceeding the safety limit are lower. Dermont, 12-years-old had this to say about his parents' role in ensuring that he remains safe while riding on his ATV, “I know they gave me a 70cc ATV for a reason and sometimes I feel that it's unfair that my friends have better bikes than me. But I guess ‘safety’ is a pretty good reason”. Well said.

About the Author

Trainer Ben Wallace, who has had two horses test positive for the drug. None of the trainers had been suspended, but the five tracks.

Source: <http://www.productsherbal.com>