



SEMPER SAFE



“ATV and Dirt Bike Safety”

With the rising number of off-road vehicles being purchased, the Camp Lejeune Base Safety Office currently offers safety training for DoD civilians (who are required to operate off-road vehicles in the performance of their duties) and all active duty military. If you operate a dirt bike you can enroll in the Motorcycle Safety Foundation (MSF) Dirt Bike course. If you're more into an All Terrain Vehicle (ATV) or a Utility Terrain Vehicle (UTV), you can enroll in the ATV/UTV course. Both courses are hands-on and provided by a licensed instructor. These courses offer students an opportunity to increase their safety knowledge and to practice basic riding skills in a controlled environment.

According to the Consumer Product Safety Commission (CPSC), ATV/UTV accidents resulted in approximately 700 fatalities each year, and 136,000 go to the emergency room with life changing injuries.

Dirt Bike Safety – If you are about to become the owner of an off-road motorcycle, you can look forward to lots of fun and excitement. One thing you must keep in mind is that the limits and capabilities of your dirt bike are based on the level of your riding skills. As your riding skills develop, you will be rewarded with an increased sense of pride and satisfaction. As your skills increase, so will your enjoyment. Here are a few safety tips to hang on to as you embark on the world of dirt biking.

- Always perform a pre-ride inspection of your motorcycle.
- Ride in the company of others so that you can assist each other in the event of trouble.
- Wear bright-colored clothing to increase visibility to others.
- Carry a first aid pack and tool/repair kit with you.
- Carry some snacks and drinking water.
- Don't let youngsters or shorter adults ride motorcycles that are too tall or powerful for their capabilities.
- Watch for hidden obstacles in sandy, snowy or muddy conditions.
- Except for dual purpose machines, off-road motorcycles are not designed for use on pavement. They should never be ridden on public roadways.
- Tell someone where you are going and when you plan to return.
- Avoid following too closely behind another rider.

Dirt Bike Training Requirements: Students will be required to bring their bikes; one person per bike. DOT or Snell approved helmet, protective eyewear (goggles or full-face shield **NO SUNGLASSES**), Long sleeve shirt/jacket, long legged trousers, full-fingered padded gloves, knee, shin guards and/or off-road boots. Motocross apparel is preferred, but not required. If a student does not have all the required PPE, they will not receive training. Safety Instructor reserves the right to refuse any bike that is deemed mechanically unsafe or not size appropriate for the rider.



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“ATV and Dirt Bike Safety”

ATV/ UTV Safety – These off-road machines have become evermore popular for work and play. Unfortunately, mishaps resulting in serious injury and death have increased along with their increased popularity. Most of these mishaps can be attributed to the improper use of the vehicle, reckless behavior and disregard for responsible operation of the vehicle. Operating an ATV/UTV should be done in safe and responsible manner. Here are some Safety tips for you to remember.

- Read all owners manuals carefully
- No child under the age of 8 should operate an ATV/UTV
- Children ages 8-11 should only operate an ATV/UTV with an engine size of 70 cc or less and children ages 12-15 should stay under 90 cc's.
- All children age 8-15 must be under constant supervision of an adult (person 18 years of age or older).
- Wear the appropriate riding gear for the conditions.
- Inspect your ATV/UTV prior to riding.
- Never ride on public roads – another vehicle could hit you.
- Never ride under the influence of alcohol or other drugs.
- Never carry a passenger on an ATV designed for a single rider.
- Ride only on designated trails and at a safe speed.

ATV/UTV Training Requirements: Students will be required to bring their ATV/UTV; one person per ATV/UTV. A DOT or Snell approved helmet with protective eyewear (goggles or full-face shield) is a must. **NO SUNGLASSES.** Long sleeve shirt/jacket, long legged trousers, full-fingered gloves and hard soled over the ankle boots are also required. If a student does not have all the required PPE, they will not be able to participate in training. In addition, the Safety Instructor will assess ATV/UTV's to ensure it is mechanically safe and size appropriate for the rider.

To register for either course: Contact the MCIEAST-MCB Safety Department at 451-1916 or go online to the following ESAMS website: <http://www.navymotorcyclorider.com/>. To register in person, stop by the Safety Department at Bldg. 58 located on Virginia Dare Ave., Room 139.

Who is eligible for either course: DoD civilians (who are required to operate off-road vehicles in the performance of their duties) and all active duty military.

As Marines, Sailors and Civil Servants we live by our core values. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE