



Canadian Off-Highway Vehicle Distributors Council  
Conseil Canadien des Distributeurs de Véhicules Hors Route

---

## **ATV & Quad Safety Week is June 3 to 12, 2022**

Off-highway riding is very popular in Canada. As more people continue to discover the physical and mental benefits, as well as the fun, freedom and comradery of ATV and quad riding, it's not surprising that the sport has seen an increase in recent years. New and experienced riders alike are reminded that safety always comes first.

The safety of ATV and quad riders is a top priority for The Canadian Off-Highway Vehicle Distributors Council (COHV).

In collaboration with the Canadian Quad Council, we are committed to building a stronger, safer sport by sharing safety best practices, tools and resources with the ATV and quad community.

By working together, we can unite the industry around the common goal of continuously improving safety and awareness, in order to ensure that each rider returns home safely after every ride.

Each June, during ATV & Quad Safety Week, the COHV takes the opportunity to further encourage safe riding habits among all ATV and quad riders. Whether you're joining the sport for the first time, coming back to riding after an extended time away, or looking forward to another incredible season of off-road adventures, these tips will keep you riding safely all season long:

### **GEAR UP – ALL THE GEAR, ALL THE TIME (ATGATT)**

Safety starts with wearing the right gear, including a compliant helmet (per provincial regulations), goggles, a long-sleeve shirt, long pants, over-the-ankle boots and gloves.

### **SIZE MATTERS**

When it comes to quads, the "one-size-fits-all" rule does not apply. Always ensure you and your fellow riders are operating a vehicle that is appropriate for your age, weight and riding ability.

### **AVOID RIDING ALONE**

Make it a habit to ride in groups of two or more and adopt the "buddy system" - with each rider keeping track of another rider. If you do ride alone, make sure someone knows your route and schedule.

### **SUPERVISE YOUNG RIDERS**

Riding quads is a great family activity. But remember these vehicles are not toys. In provinces where riders under 16 can legally ride, they need to be supervised by a responsible adult, at all times.

### **RESPECT VEHICLE CAPACITY**

Never carry more passengers than a vehicle is made to accommodate. That means no passengers on single-rider ATVs and limiting the number of people in an ROV to the number of seats (with seat belts!) installed by the manufacturer.



Canadian Off-Highway Vehicle Distributors Council  
Conseil Canadien des Distributeurs de Véhicules Hors Route

---

### **GET TRAINING**

Learning how to properly ride your ATV and/or quad is the best way to stay safe on the trails. Visit: [quadcouncil.ca/safety-training](http://quadcouncil.ca/safety-training) for more info on The Canadian ATV Safety Institute's Rider Course.

### **DON'T RIDE IMPAIRED**

Riding is physically and mentally demanding. Don't ever ride under the influence of alcohol or drugs. These substances significantly reduce decision-making abilities and reaction times. Always ride sober.

### **THINK SAFETY 365 DAYS A YEAR**

By adopting safe riding practices, staying alert and watching out for each other on the trails, we can build a stronger, safer sport and ensure each and every rider returns home safe after every ride.

Help spread the importance of ATV and Quad Safety by sharing this year's campaign on Facebook, Instagram and Twitter. [CLICK HERE](#) to download social media graphics.

Campaign hashtags:

#ATVSafetyWeek

#QuadRules

#RideWithRespect

### **RESOURCES:**

Canadian Quad Council Safety Rules

<https://quadcouncil.ca/atv-safety/>

ATV Rider Training

<https://quadcouncil.ca/safety-training/>

ATV Tips and Practice Guide

<https://www.cohv.ca/cohv-rider-information/atv-tips-and-practice-guide/>

Parents, Youngsters and All Terrain Vehicles

<https://www.cohv.ca/cohv-rider-information/parents-youngsters-and-all-terrain-vehicles/>

Adventure Trail and Activity Book

<https://www.cohv.ca/cohv-rider-information/adventure-trail/>

Trail and Safety Videos

<https://www.cohv.ca/cohv-rider-information/cohv-trail-and-safety-videos/>

Information on off-highway riding (training, gear, licensing)

<https://www.goriding.ca/>