

# INSTRUCTOR'S LESSON PLAN

## Snowmobile Safety – Understanding Speed

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<b>SUBJECT</b> Snowmobile Safety		<b>INSTRUCTOR</b>
<b>TITLE OF LESSON</b> Speed - Understanding the Consequence of Speed ***First of Three in the Speed Lesson Plan Series		<b>DATE OF INSTRUCTION</b>
<b>TIME PERIOD (TOTAL)</b> 15 minutes		<b>PLACE</b>
<b>TRAINING AIDS</b> 1. Lesson Plan 2. ATV and/or Snowmobile Student Manual	<b>TYPE OF LESSON</b> <input type="checkbox"/> E.D.O.C. <input checked="" type="checkbox"/> LECTURE <input checked="" type="checkbox"/> DISCUSSION <input type="checkbox"/> PRACTICAL	
<b>OBJECTIVE(S)</b> ✓ Put speed into perspective of understanding. ✓ Relate common speed understanding to ATV and Snowmobile. ✓ Students comprehend how speed increases chance of injury. (This lesson meets the WI DNR Safety Education standards.)		
<b>INSTRUCTOR REFERENCE</b> ATV & Snowmobile Student Manual ATV & Snowmobile Regulations Lesson Plan Adapted from information provided by Trooper Glen Jones		
<b>STUDENT REFERENCE</b> ATV & Snowmobile Student Manual ATV & Snowmobile Regulations		

TIME	LESSON OUTLINE	AID CUES
0:00 ↓	<u><b>Discuss Below Normal Speed Examples:</b></u> Do students consider them Fast or Slow?  <b>Walking</b> = 1-3 MPH <b>Running</b> = 12-15 MPH <b>High School Track Star:</b> 100 meter dash = 17 MPH <b>Star Pro Football Player:</b> 4.2 sec 40 meter = 19.44 MPH <b>World Record 100 Meter Dash:</b> 9.78 seconds = 22.9 MPH <b>World Record 200 Meter Dash:</b> 19.32 seconds = 23.24 MPH This is the fastest recorded speed of a human.	Student Manual

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<p style="font-size: 2em;">↓</p> <p style="font-size: 2em;">7:00</p> <p style="font-size: 2em;">↓</p>	<p><b>Bike Riding</b> = 5-20 MPH Cruising might seem slow, but when you are pedaling as fast as you can, it seems pretty fast. Would you want to crash your bike at 20 MPH?</p> <p><b>City Driving</b> = 25-30 MPH In a car 30 MPH doesn't seem very fast, does it? You travel that fast all the time in a car with your parents. Most people drive 30 MPH in town, and complain about how slow it is!</p> <p>Why does running or biking as fast as you can seem fast, but riding in your car at 30 MPH seems slow?</p> <p><i>Answer:</i> We are used to driving at this speed. AND Safety Features which give Sense of Security Seat Belts      Air Bags      Doors to Keep You Inside Crumple Zones Designed to Cave In When You Strike a Fixed Object.</p> <p>What Safety Features does your Body have? What Safety Features does an ATV have? What Safety Features does a Snowmobile have?</p> <p><b>DILEMMA QUESTIONS</b> Knowing that you can only run between 12-15 MPH, would you run full speed into a brick wall with no protection, without using your arms to slow down? WHY NOT?</p> <p>What do you think would happen if you drove a car into a 6 inch diameter tree at 30 MPH?</p> <p><b>ANSWER:</b> A tree with a trunk 6 inch diameter will STOP a full sized automobile DEAD In Its TRACKS.</p> <p>Do you think you would stand much of a chance on an ATV or Snowmobile against a tree that big? WHY NOT?</p> <p>People who are ejected from a car during a crash are 25 times more likely to die than someone who remains inside the vehicle. Is there any way anyone would remain on an ATV or Snowmobile when it strikes a fixed object? WHY NOT? How about when the ATV or Snowmobile simply Overturns?</p> <p>Yet we think nothing of driving a snowmobile or ATV down a</p>	<p>Show Students approximate 6" diameter</p>

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<p style="text-align: center;">↓</p> <p style="text-align: center;"><b>15:00</b></p>	<p>trail between trees and rocks big enough to break us into pieces without even causing the leaves on the branches to twitch when hit at speeds well in excess of 30 MPH</p> <p><b>EXERCISE:</b> Read examples from Fatal Crash Report. Ask students to give reasons for crash and injuries.</p> <p><b>OWI</b> is a major factor in fatal crashes, along with speed. Which is the most important to the cause of INJURIES? Would a sober driver receive the same injuries in the crash?</p> <p>Ask students if they know of any crashes. Discuss how speed was involved in the crash and/or injuries. How could the crash have been prevented?</p> <p>The next time you decide to tear up the trail on your ATV or Snowmobile, stop for a moment and consider what protection you really have if you hit a fixed object.</p> <p><b>Use the best safety equipment you have – <u>YOUR BRAIN</u>.</b></p> <p><b>SLOW DOWN! Ride Safe – Ride Sober – Ride For Life</b></p>	<p>Synopsis of fatal crashes from Annual Report</p>