



## Health and Safety Notices April 2023

These messages are for **ALL PERSONS** attending, instructing or observing in-person training activities on the range or in the classroom.

### **Health & Safety Notices**

ATV safety training is hard work. Range exercises demand physical stamina, motor coordination and mental alertness. Personal safety is the most important priority in all ASI training programs. All participants -- students AND instructors -- must be in good health to participate in training activities.

**Do not participate in training if you suffer from heart disease or other serious medical conditions, feel sick, dehydrated, over-tired, or are just not feeling your best.**

### **Healthy Habits**

To prepare for a good training day, stay healthy and follow these suggestions:

- Get adequate sleep
- Eat a good meal
- Drink plenty of water
- Wear sunscreen
- Focus on training and tune out distractions
- Do not consume alcohol or drugs
- Avoid medication that makes you drowsy
- Dress appropriately for the conditions

### **Personal Protective Gear Checklist -- Wear All the Gear, All the Time**

- DOT-compliant helmet
- Eye protection
- Hearing protection
- Sturdy over-the-ankle footwear
- Full-fingered abrasion-resistant gloves
- Long pants of durable material
- Long sleeves of durable material

## **COVID-19**

COVID-19 is an extremely dangerous and contagious disease that can lead to severe illness and death. An inherent risk of exposure to COVID-19 exists in any public place regardless of precautions that may be taken.

**If you feel unwell or show signs/symptoms of illness, do not participate in classroom or range exercises, and leave the training site immediately.**

**By participating in training activities, you acknowledge and voluntarily agree to assume all risks related to exposure to COVID-19 and other communicable diseases.**

At the start of every training day, self-screen for the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Stay away from the training site, consult a health care provider, and get tested if you have any of these symptoms or are not feeling well.**