

# Quad biking checklist:

ABTA offers the following tips if you plan to go quad biking:

- ✓ **Check your insurance – you may not be covered to hire a quad bike**
- ✓ **Always wear a protective helmet**
- ✓ **Always wear appropriate clothing and footwear**
- ✓ **Stick to organised off-road excursions and don't use a quad bike on main roads**
- ✓ **Make sure you have appropriate training to operate the bike safely**
- ✓ **Check the vehicle is in good condition and don't ride it if you have any concerns**
- ✓ **Watch your speed**
- ✓ **Do not allow anyone to ride pillion**