



Riding in a Group

The following tips are key to staying safe when riding in a group.
Your actions affect those around you, not just yourself.

1. Be Predictable - Give Warnings

- Riders expect you to continue straight and at a constant speed.
- Signal your intention to turn or slow down before you do so.
- Try to avoid sudden stops or turns except for emergencies.
- Use hand signals to indicate turns and point out hazards to others.
- Left or right arm straight out to indicate left or right turn.
- Right arm out and down with palm to the rear to indicate stopping.
- Ride leaders call out right and left turns and stops in addition to signalling.
- Pass warnings up and down the line if a large group.

2. Change positions in the group correctly

- Slower moving bicycles stay to the left.
- Pass slower moving bike riders on the right and announce your intention to do so. *"Passing on the right"*.
- Avoid passing on the left unless absolutely necessary and call out.
- When climbing, call out if you have to stand up if the rider behind is close.

3. Call out hazards and traffic

- Most cyclists do not have a full view of the road while riding in a group.
- Call out potholes and other hazards so riders can avoid them.
- Call out the hazard and point down to it, either left or right.
- The last rider (sweep) should check frequently for passing cars and call out when they are getting close. *"Car back or passing"*.
- Call out when passing or getting near anything that moves... people, dogs, scooters.

4. Always be mindful of traffic and pedestrians

- On narrow roads or climbs, leave space between riders for cars.
 - Make your own decisions at intersections and road crossings.
 - Stop well off the road for regrouping or repairs.
 - Slow down on bike paths and warn when pedestrians or animals are on the path.
- Always keep good relations with drivers and pedestrians.

We are a social riding club who look out for each other and others.