



Safe 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

- Maintain a straight line, consistent speed, avoid erratic, sudden movements.
- 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 turns and hazards. Pass warnings up and down the line.

2. Change positions in the group correctly

- Slower moving bicycles stay to the left. Pass slower moving riders on the right and announce your intention to do so. "*Passing on the right*".
- Avoid passing on the left unless necessary and call out.
- When climbing, call out if you must stand up if the rider behind is close.
- Never overlap your front wheel with the wheel in front of you.
- Maintain a safe distance from the rider in front.

3. Call out hazards and traffic

- Call out hazards 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 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.
- Match the pace of the group; do not surge when you move to the front.
- Obey Traffic Laws: Stop at all red lights and stop signs (especially in club kit).

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