## Riding Safely in a Group

- **Ride single file,** especially on busy roads
- **Stay as far to the right as conditions allow**—but not so you have to swerve left to avoid hazards
- **Hold your line:** Ride directly behind the rider in front of you—not more than six inches to left or right
- **Maintain constant pedaling:** Maintaining a steady pace helps the rider behind you predict your speed. Moderate your pedaling force to control your speed, don't pedal and then coast. Coasting indicates stopping.
- **Signal and announce well in advance before turns**
- **Look carefully over your shoulder (scan)** before signaling and pulling out into the lane. Don't move if cars are in the lane or overtaking rapidly—they have the right of way
- **Before you pass another rider,** make sure the lane to your left is clear and announce you are passing on the left
- **When you move out to pass,** have a plan for how you are going to re-enter the line of riders
- **Come to a full stop at red lights—ALWAYS**
- **Come to a stop at stop signs.** Take turns with cars at four-way stops
- **Regroup** if the group gets separated at an intersection. No one should be penalized for stopping. Keeping the group together is safe riding and club culture
- **Move well off the road if the group stops** call out "stopping" first and move off the road

- **We Signal for other riders and vehicles**

Turning left  Turning right  Stopping  Turning right




## We Communicate loudly

- **"On your left"** Whenever we are passing. If our fellow rider doesn't know we are there, they might move to the left unexpectedly
- **"Slowing"** So the person behind us will know to slow down too and not run into us
- **"Stopping"** Loudly and clearly
- **"Car back"** Those in the back of line say it first. Everyone else passes it up the line so all are aware
- **"Car up"** When there is a car in the oncoming lane on a narrow road, or a stopped car in our lane
- **"Walker up"** So fellow riders know to move out and give a pedestrian or jogger some space
- **"Hole" "Bump" "Branch" "Debris"** To warn riders behind us of a hazard

## What We DON"T Do

- **Wear headphones** (because we won't be able to hear when fellow riders communicate with us)
- **Pass on the right** (because we cut off someone's safe lane, and they don't expect it)
- **Pass on a downhill** (because riders who are descending may move laterally without warning to avoid a hazard, and they won't be able to signal in advance)
- **Let our front wheel overlap (laterally) with the wheel in front of us** (because if they move to the side, we'll go down)

**BE SAFE! HAVE FUN!**