



Cycling Group Rides Guidelines

- **Watch out for Your Fellow Cyclist** before, during and after the ride.
- **Be Predictable** – Group riding requires even more attention to predictability than riding alone. Other riders expect you to ride straight, at a constant speed, unless you indicate differently.
- **Change Positions Correctly** – Generally, slow traffic stays right, so you should try to pass others on their left. Say “on your left” to warn the cyclist ahead that you are passing. **DO NOT PASS ON THE RIGHT.**
- **Watch Out at Intersections (1)** – When approaching intersections requiring vehicles to yield or stop, signal your intention with hand and verbal signals. Call out “slowing” or “stopping” to alert those behind to the change in speed.
- **Watch Out at Intersections (2)** remember each cyclist is responsible for verifying that there is no approaching traffic before entering the intersection.
- **Communicate with the Group** – Use hand and verbal signals to communicate with members of the group and with other traffic.
- **Hand Signals** – Hand signals for turning and stopping are as follows: Left arm straight out to signal a left turn. Left arm out and down with your palm to the rear to signal slowing or stopping. And, for a right turn, put your right arm straight out.
- **Warning for Traffic** – Use the warning “Car back” to inform the others of a car approaching from the rear. Use the warning “Car up” on a narrow road to warn following riders of approaching traffic.
- **Leave A Gap for Cars** – When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bicycles.
- **Wait at Turns** – If the group becomes separated, someone should wait at the turn until the next rider arrives at the intersection, and so on until all riders have made the turn.
- **Move Off the Road When You Stop** – Move well off the road so you don’t interfere with traffic. As a courtesy the last cyclist in controls when the group will restart.
- **Riding Two Abreast** – Ride single file or double file as appropriate to the roadway and traffic conditions and where allowed by law. Single up when cars are trying to pass. To single up, the outside cyclist goes ahead and the cyclist closest to the shoulder of the road goes behind.
- **Safety Equipment** - Wear a bicycle helmet and visible clothing.
- **Emergency Equipment** - In the group bring a first aid kit, a tube repair kit and a reinflation device.
- **Respect and Courtesy** - It is expected that cyclists attending group rides will respect the work and effort of the ride leader and their fellow cyclist by following planned routes and maintaining a pace suitable to all participants.