

## Riding in A Group

**Communicate...**The most important factor to successful group riding is communication. Make sure you know the meaning of and always pass any verbal signals through the group. As well as obvious shouts such as “slowing” and “braking”, others to be aware of are “car up”, meaning there is a car ahead to be aware of, “car back”, meaning there is a car behind and “single out”, meaning to adopt single file.

**Be aware...**Stay relaxed in the group but constantly look around and don't mindlessly follow the wheels. Look past the riders in front to get a heads up of the road ahead. Always look first and let the riders around you know before moving within the group.

**Ride consistently and predictably...**Your movements will affect everyone in the group. Hold a straight line, don't weave and always overtake around the right hand side of the group.

### Hand Signals

In addition to the standard directional signal of the left or right hand extended out to the side, which should be used whenever you are cycling on the public highway, see below some of the other common hand signals used when riding in a group situation.

**One hand as if “gently patting an invisible dog”:** This shows that the group is slowing down or just to ease the pace back a bit.



**Pointing down at the road sometimes with a circling motion:** Indicates an obstruction or hazard on the road such as a pothole or drain cover that needs to be avoided. Be sensible with this one and only point out major obstacles that should be avoided. This signal is often accompanied with a call of ‘below’.



**Waving/pointing behind back:** Indicates that there is an obstruction such as a parked car or pedestrian and that the whole group needs to move in the direction indicated to avoid it.

