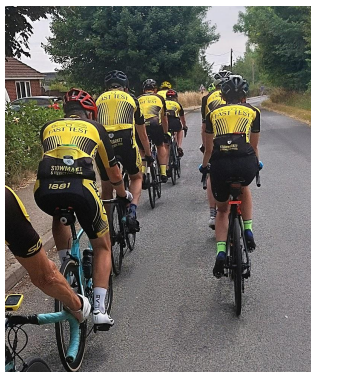



Group Riding

As a Club we ride two abreast, changing only when at front or rear of the bunch. This ensures a safe, compact group that other road users can pass when safe to do so. Always ride close to the rider to your left / right and in line with the rider ahead.

<p>Correct</p> <p>Each rider follows directly in line with the rider ahead of them</p>	<p>Incorrect</p> <p>To car drivers behind, it looks like we are riding 3 or 4 abreast.</p>
	

The rider at the front left dictates the pace of the ride. Do not ride faster than the rider beside you. This is called "half-wheeling" and is frowned upon. Groups will change speed, especially on hills. If you are struggling, shout "HALF OFF". This asks the leader to slow the pace by half a mile per hour... NOT HALF SPEED!

Communicate

The most important factor to successful group riding is communication. Make sure you know the meaning of and always pass verbal and hand signals through the group.

- "Slowing", to warn that the group is slowing down
- "Car up", meaning there is a car ahead to be aware of
- "Car back", meaning there is a car behind
- "Single out", meaning to adopt single file.

Pass the information up and down the line, do not assume the other people heard the shout that you heard.

Ride consistently and predictably

Your movements will affect everyone in the group. Hold a straight line, don't play with your Garmin, weave or grab your brakes if you see a car or a corner, and, if you stand out of the saddle, don't let your back wheel drop back.

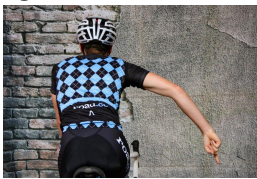



Don't overlap wheels

It is essential that you don't overlap the rear wheel of the rider in front as any sudden movements by them will be likely to bring both of you down.

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.

Make the call (e.g. "hole left") whilst making the appropriate hand signal.

Surface obstacles		Other Obstructions	
Hole / drain left / right 	<p>Point clearly whilst calling out what is in the way</p>	Car left 	<p>Arm across the back to show the rider behind that you will move to the right to go around a parked car.</p>
Gravel left /right 	<p>Use a flat palm to show there is an area of danger, rather than a single hole or other obstacle</p>	Stopping 	<p>Raise your arm in the air whilst calling 'stopping'</p>

DO

1. **Ride in line with the rider ahead of you**
2. **Call and point out obstacles** that other riders need to be aware of.
3. **Maintain a consistent speed** - remember there is a rider close behind you.
4. **Call out 'change front'** when there is a change of leaders in the front of the group.
5. Respect other road users.
6. **Know who is behind you** - if the rider behind drops back, it is your responsibility to tell the others that the group must slow down or stop if necessary.

DON'T

1. **Call or point to an obstacle that you would be happy to ride over yourself** - it can lead to people ignoring a call to a dangerous obstacle.
2. **Abruptly change speed or direction** - it is dangerous for others in the group and may cause an accident.
3. **Change your position in the group** unless you are in the front or rear row of the group.
4. **Overlap wheels** with the rider in front of you.
5. **Ride ahead of the rider beside you** - if he/she is not beside you, you must slow down.