

Cycling Hand Signals

Below are commonly used hand signals that coaches can teach athletes in order foster safe cycling. In addition to communicating via handle signals, encourage athletes to also shout these commands verbally.



Stopping:

Used to let riders know to slow down to a stop, as in an approaching stop sign. Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.



Gravel/Loose Debris:

Used to point out loose gravel, dirt, or sand on the road, which could cause riders to slide. Though there are two variations to this signal, you should always extend your arm on the side of the loose debris. With your arm extended, you can either wiggle your fingers or wave your hand side to side, palm down.



Left Turn:

Used to let riders know a left hand turn is being made. Extend your left arm out sideways with all fingers extended or use your index finger to point left.



Right Turn:

Used to let riders know a right hand turn is being made. Extend your right arm out straight with all fingers extended or use your index finger to point right.



Alternate Version of Right Turn:

This version of a right-hand turn can be more visible to a driver. The cyclist extends their left arm out sideways, bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of hand facing forward.



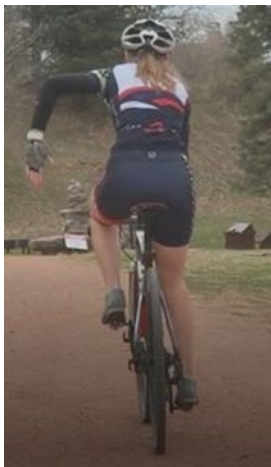
Pothole:

An unseen pothole has the potential to cause an accident. When in a group, point out a pothole or other obstacle that shouldn't be ridden over by extending your arm on the side of the obstruction and pointing to it with your pointer finger.



Approaching Shoulder Hazard:

In the case of a parked car, or pedestrians on the shoulder, bring right hand behind you towards your back and wave hand back and forth, which lets riders know to tighten up and shift slightly to the left if there's an obstacle on the right shoulder. Use left hand for an obstacle on the left.



Slowing:

Used to let riders know you are slowing down your pace; useful as a traffic light is approaching. Extend your arm with palm down and move your hand back and forth.