

Motorcycle Group Riding Safety Guidelines:

Motorcycling is primarily a solo activity, but for many, riding as a group - whether with friends on a Sunday morning ride or with an organized motorcycle rally - is the epitome of the motorcycling experience. When participating in a group ride the following guidelines should be adhered to:

- Arrive prepared.
- Arrive on time with a full gas tank.
- Use the restroom prior to ride time.
- Attend the Pre-ride' meeting.
 - The Lead Road Captain (LRC) introduces themselves and the other Road Captains' along with what position they will be riding in.
 - Let the LRC know if you are not a CURRENT paid COHOG member on the ride that hasn't signed a waiver?" Waivers are required for non COHOG members.
 - Every rider is responsible for their own safety, please ride your ride and respect the ride of others.
 - The LRC will verbally explain the destination and route, and Hand out route maps if available, indicating where stops will be made.
 - The LRS will review group safety essentials:
 - Obey all traffic laws.
 - Riding formations - Brief description
- The group will line up by experience and skills. Riders that are new to COHOG rides or riders that are less experienced are asked to ride as close to the front of the group as possible.
- The group will be maintained to a manageable size, ideally five to seven riders. If necessary, the group will be broken into smaller sub-groups, separated by a few seconds, each with a lead and sweep rider.
- When riding in a group we generally ride in a staggered formation, as shown in figure 1 below. Ensure that you are not riding in the center of lane to allow the riders behind to ride in the correct formation.
- Riding in the staggered formation allows a rider to use the entire road surface as necessary to avoid obstructions or navigate corners. Return to the proper lane position as soon as possible.

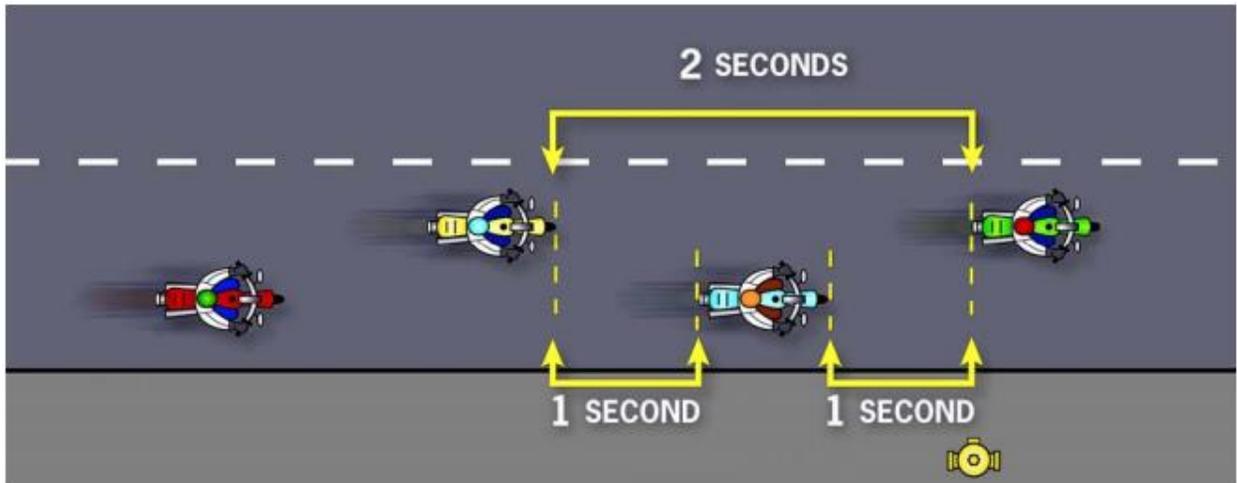


Figure 1: Staggered Formation

- The exception to this is if you are riding a trike, which always rides in the center position. Riders following a trike shall arrange themselves in the proper position that they would be in if they were in the left or right lane position.
- A single-file formation with a minimum 2-second following distance is preferred on curvy roads and will be directed by the LRC.

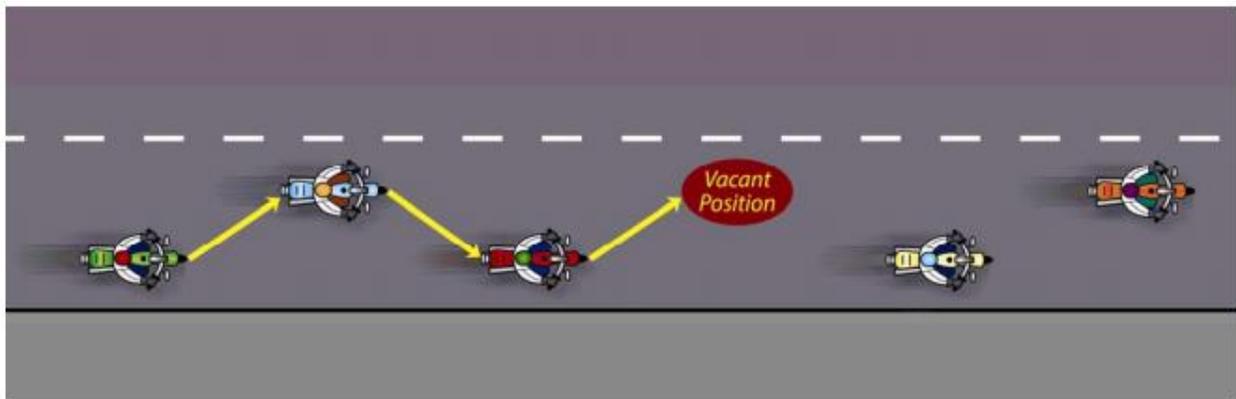


Figure 2: How to adjust to fill in spaces.

- Do not pass the rider in front of you unless they give you a hand signal that it is ok to pass.
- Do not pass the rider in front of you in corners
- All riders must periodically check the riders following them using their rear-view mirrors

- If you see the rider behind you wanting to pass, be courteous and move to right of the lane to allow for safe passing.
- Pass along all hand signals from the LRC to the riders behind you. Hold the signal until you see (in mirror) that they have passed it on.

Commonly used Hand Signals

Single File

Staggered Formation

Right Turn

Left Turn

Stop

Slow Down

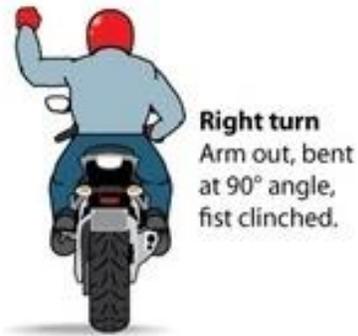
Speed Up

Follow me/Move them out

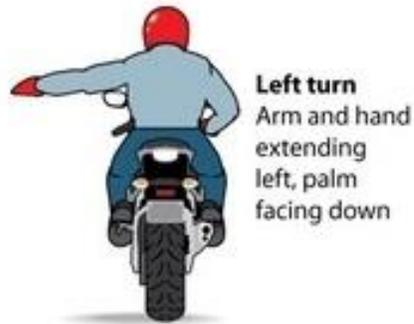
Road Hazard

- Hand signals need to be held up long enough that the following riders are certain to see them and pass them on. On single file and double file hand signals, rotate your wrist but not wave it around.
- Hand signals are *ONLY* initiated by the LRC! Make sure when passing them back that you look in the mirror to see that the rider behind you has passed the signal back.





Right turn
Arm out, bent at 90° angle, fist clinched.



Left turn
Arm and hand extending left, palm facing down



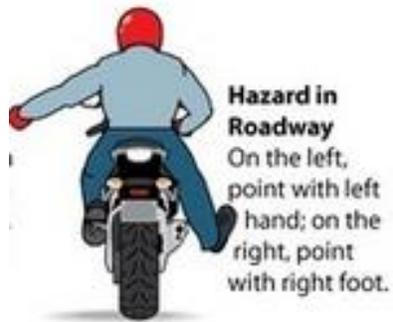
Stop
Arm extended straight down, palm facing back.



Slow Down
Arm extended straight out, palm facing down, swing down to your side.



Speed Up
Arm extended straight out, palm facing up, swing upward.



Hazard in Roadway
On the left, point with left hand; on the right, point with right foot.



Follow Me
Arm extended straight up from shoulder, palm forward.

- If you see a rider falling behind, slow down so they may catch up
- If you see a rider go down, please stop, ride or walk back to help
- Always ensure that you wait for the rider behind you at every turn or Y in the road
 - Check your rear-view mirror:
 - If the rider behind you sees you then there is no need to stop

The "Cookie Crumb"

It is essential for all group riders to know how to execute the "Cookie Crumb".

Our intent is to never leave anyone behind and the "cookie crumb" is our primary tool for making sure everyone will finish the ride with the rest of the group.

- At the point when you look in your mirrors and do not see the rest of the group, you just became the Crumb of the Cookie! Remain calm, enjoy the ride and stay alert.
- Your job as the "Cookie Crumb" starts when you see the turn signals for an upcoming turn.
- Find a safe spot just before approaching the turn which will be visible to the rest of the group behind you and park. Wait for the bikes behind you to catch up. What is an adequate time? If you have been watching your mirrors, you have an idea how long the group behind you has been missing. This will give you an idea of how long to wait.
- When you see them approaching wave to let them know that you see them approaching. Then pull out safely making the turn and leading the group down the road until you join up with the rest of the riders.
- Just continue down the road until you catch up to the rest of the group or until you can see a new "Cookie Crumb". The rule of thumb is to always stay on the current road at the next intersection unless you see a new "Cookie Crumb" waiting for you.
- Please stay and maintain the position in front of the Sweep
- If the group is riding faster than you are comfortable with, let the Sweep know you are dropping out and ride at your own pace behind the Sweep
- If this occurs, the Sweep must wait for you at each turn
- While riding, don't fixate on the motorcycle in front of you
- Instead, remember your basic training and look well through the turn to where you want to go

- Do not show-off in group rides
- In a group ride we ride at the pace of the least experienced rider.
- Please keep in mind that we ride as a group because we want to enjoy the company of our friends. Making sure we are all safe and taking care of each other during the ride is each of our responsibility.
- Show group riding video: <https://youtu.be/rnDWLgQV9fA>

What We Do Not Do

- Block traffic at intersections or perform any type of traffic control function other than when there has been an incident and safety calls for alerting dives of hazardous conditions.
- Speed or ride aggressively
- Ride like fools
- Speak ill of other riders regardless of brand or affiliations.

What We Do

- We know and obey all traffic laws
- We set a good example
- We encourage others to participate
- We take care of ourselves so that we can take care of others
- We treat others as we would like to be treated
- We anticipate, Plan and Adjust - then Repeat

"A group ride is one of the great on-roadway motorcycling experiences. Taking part in a group ride is a great way to share the fun and camaraderie of motorcycling."