

Communicating While Riding

Hand signals are effective, unambiguous, and convenient

1. Left turn / right turn – arm straight out to side, fingers extended
2. Slowing – arm down 45 deg, palm facing downward (do this before slowing commences & verbalize too)
3. Stopping – arm down 45 deg, palm facing back (don't put fist behind back & verbalize)
4. Pointing out road hazards (one index finger means one thing generally, like a single rock, many fingers mean more than one thing, like lots of rocks)
 - a. Hold hand far enough out to side so it can be seen
 - b. If you need to move over to avoid a hazard, hand signal first so signal can be seen, then move over
 - c. Pointing out sand/gravel
 - d. Hazards that run the length of the road
 - e. Hazards that run with the road
5. Move over to one side (scoop right hand to left direction & vice versa)
6. Low hanging tree branches – point up
7. Repeat signal at least every 2-3 riders
8. Pull through on paceline – flick elbow or tap hip on side you want the next rider to come up on
9. If you go from line abreast to single file, hold up 1 finger in the air. If going to like abreast, hold up 2 fingers.
10. If you need to move out of the paceline temporarily (like if you need to clear your nose) then use your left arm to point to the left and then move laterally to temporarily get out of formation. The rider behind you should hold your position.
11. If you have a mechanical problem, like a chain falls off, you can hold raise your arm straight up to alert other. Do

not hold up the single finger so as not to signal for single file.

12. If telling a car to go ahead of you at a 4 way stop – hold your hand out toward them
13. Wave at cars to say thanks!

- What if there are road hazards on both the left and right in quick succession?
- Don't be ambiguous with your signals
- Perform your signal before taking the needed action, e.g., signal for slowing before actually slowing down

Verbal communication is vitally important

- Sometimes combine with hand signals
- Keep ears tuned for other riders and for road conditions like cars approaching
- No ear buds
- Limit chatter in high threat situations

Verbalize in these situations:

1. "Speed bumps"/"rumble strips"
2. "Glass"
3. "Clear left" [right]
4. "Car up" [back] (think about when someone will pull off front)
5. "Passing on the left" [right]
6. "Flat"
7. "Dog"
8. "Standing" (some riders use a thumbs up gesture to signal this as well)
9. "Rider down"
10. "Railroad tracks"
11. "Slowing" (especially if no time to do hand signals)

12. Any potentially threatening situation like:
- cars approaching in unsafe way
 - traffic signals approaching
 - cars passing other cars as they approach you