

The British Cycling Club's Guide to Safe Riding in a Group (v1 March 2019)

1) Be Group Aware

- Respect and actively support the Ride Leader as it is their responsibility to lead the ride.
- Designate a Back Marker to support the Ride Leader on every ride.
- Stay in visual contact with the main group checking both ahead and behind you regularly for any hazards or riders off the front or back.
- Please wait and regroup regularly at junctions and / or turns **where it is safe to do so**.
- Ensure you have the contact details of both the Ride Leader and the Back Marker.

2) Communication and Calling Out

An important factor to successful group riding is effective communication.

- Look all around you before moving away from the kerb, turning or manoeuvring ensuring you give clear verbal and / or hand signals as below.
- Call out any verbal signals to other riders about your intended movements to include "coming up" when approaching a rider from behind; "slowing"; "stopping"; "car down" indicating a car coming towards you and "car up" indicating a car behind you waiting to come past.

3) Ride Consistently and Predictably

Your movements will affect everyone in the group.

- Where possible ride 1 metre out from the kerb and don't sit in the gutter as this increases the risk of hitting obstructions i.e. kerbs, drain covers, gravel etc and of picking up punctures.
- Try to hold a straight line, don't ride too close and don't overlap the front person's rear wheel; instead ride either side of it to avoid accidents.
- Be aware of traffic held up behind you and **pull in or slow down where safe to do so**.
- Always overtake to the **right hand side of the rider in front** and give any verbal warning or hand signals as detailed in 2) and 4).
- Leave plenty of room when overtaking any parked vehicles, obstructions or hazards.

4) Using Hand Signals

- Use the left or right extended arm signal to indicate your direction of turn especially when cycling on the public highway.
- Use other hand signals such as pointing to potholes or hazards in the road. Pointing with your arm behind your back indicates an obstruction ahead such as a parked car or a pedestrian.

5) Obey the Rules of the Road

- Obey all traffic signs, hazard signs and traffic light signals.
- Ride **2 abreast where safe to do so**, otherwise ride single file on narrow and busy roads and around bends.
- Ride to the prevailing weather and hazard conditions.

6) Prepare Yourself and Your Bike

- Ensure your bike is well maintained. Carry a bell and lights.
- Always carry suitable spares i.e. inner tubes, tool kit, pump etc.
- Wear a helmet and preferably high visibility clothing.
- Carry something to eat and drink.