

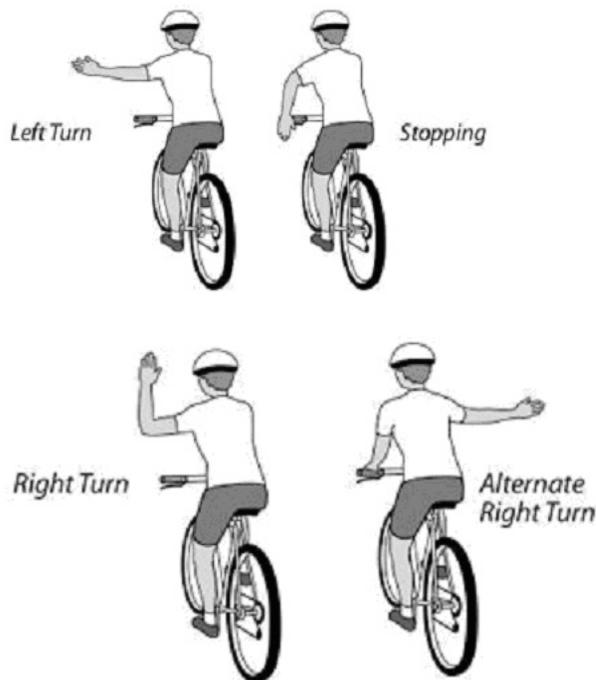
# 1. It's Not a Race

Group riding is NOT a competition. It's about participation.

# 2. Be Predictable

The key to all group riding is to do things gradually and steadily. If you do anything sudden you will likely cause a crash.

- Keep a bike length between you and the rider ahead
- Try to ride at a constant speed
- Ride in a straight line
- Don't brake suddenly unless absolutely necessary
- To slow down, either stop pedaling or touch the brakes gradually, so as not to slow down too suddenly for the riders behind you
- Signal your intentions (see hand signals below)



# 3. Communicate Hazards

When you see an obstacle in the road ahead of you, put your hand down and give a signal that lets the riders behind you know which direction they should go to avoid it. Traditionally a quick wave of the hand will suffice. An obstacle worth pointing out is one that will damage a bike or person behind you. Some examples are: Sand or Gravel, Railroad Tracks, Potholes or Cracks in Road, Stopping or Slowing, Animals or a Car situation.

# 4. Stay Alert

Avoid the 'group mentality' - make your own decisions about when it is safe to cross an intersection, don't simply follow the person ahead of you.

- Be aware of where you are on your ride
- You are the eyes for the person behind you.

# 5. Follow the Rules of the Road

Bicycles are defined as vehicles, and are given the rights and responsibilities of vehicle operators. "Rules of the road" offences apply to all vehicles.

- Obey all signs and traffic control signals

- Always watch for traffic signal changes and be prepared to stop if you are not yet in the intersection
- Stay in the bike lanes where marked
- Stay to the right single file on all roads and trails
- In urban areas where a curb lane is too narrow to share safely with a motorist, it is legal to take the whole lane by riding in the centre of it. On high-speed roads, it is not safe to take the whole lane.
- To move left in a lane, shoulder check, signal left and shoulder check again then move to the centre of the lane when it is safe to do so.
- Signal your turns for the riders and cars behind you (see hand signals above)

## 6. Take Safety Precautions

- All riders **MUST** wear a helmet, and with the chin-strap fastened
- Always give right of way to pedestrians
- Gently warn cyclists or pedestrians ahead of you on trails (pass on the left)
- Ride at least one metre away from parked cars in case the driver's door suddenly opens. Keep to this line even if the vehicles are far apart to avoid continuous swerving.
- When making an uncontrolled crossing, dismount and look both ways to ensure all is clear
- Watch for cars entering or exiting from driveways/laneways or turning into your path at intersections
- Pass safely on the left
- Don't look backwards
- No loose pant legs

## 7. Buses and Trucks

Bus and truck drivers have large blind spots where they are unable to see passing vehicles, particularly bicycles. It is extremely important to stay out of the blind spots. Trucks and buses are wider than most passenger vehicles and occupy more space on the road, meaning cyclists should never share a lane with them. Always watch for trucks and buses that may make a right-hand turn in front of you. If you can see the eyes of the driver in their mirror, they can see you. Try to catch the driver's attention, or stay well ahead of or well behind their vehicle. Position yourself in front or behind a truck near intersections.

## 8. Be Courteous

You are an ambassador of the cycling community.

- Share the road with other vehicles and cyclists of varying abilities
- Share the path with pedestrians: ride on the right pass on the left

Have a good time!