

A GUIDE TO COMMUNICATION FOR ROAD CYCLING IN GROUPS



Verbal Communication	Meaning	Comment
Car Up/Front	Vehicle approaching the group from the front	Shout passed from front to rear of group
Car Back	Vehicle approaching the group from the rear	Shout passed from rear to front of group
Out	Move out from the edge of the road	i.e. to avoid a hazard such as a pedestrian or slower cyclist
Keep in or In	Hold position; not moving out in to the road	i.e. to avoid a hazard in the middle of the road or allow a faster vehicle to pass
Inside/On your left	The rider is about to pass you on your left hand side	This is not permitted on EETC Group rides
Outside/On your right	The rider is about to pass you on your right hand side	
Easy/Steady	The group is slowing down to a more relaxed pace	This can be used when approaching a hazard or when waiting for riders behind to re-join the group
Stopping	The group is stopping	This command is given early so that stopping can be controlled and safe
Single	Move in to single file	Riders allow gaps to form so that those in the right hand file can merge in to the left.
Hole	Pointing out a hole in the road	Normally accompanied by a visual signal to point out the hazard
Left/Turning Left	The group is about to turn left	May be accompanied by a normal left hand turn signal
Right/Turning Right	The group is about to turn right	May be accompanied by a normal right hand turn signal
Puncture	A rider has a puncture	Often accompanied by a raised arm indicating to other riders to leave space for the affected rider and to be ready to stop when required
Slowing	The group needs to slow down in speed	Often accompanied by the right arm moving up and down
Thank you	To thank someone who has assisted the smooth passage of the group, i.e. a motorist who has waited patiently before overtaking.	

Visual Communication	Meaning	Comment
Pointing finger hand towards road surface	Hole or hazard on the road surface	Normally accompanied by a verbal signal to point out the hazard, i.e. "hole; glass; ice"
Arm pointing across the riders back to the right	Move out from the edge of the road to avoid the hazard	Often accompanied by a verbal signal "Out", i.e. to avoid a hazard

Arm pointing across the riders back to the left	Move in from the centre of the road to avoid the hazard	Often accompanied by a verbal signal "Keep In", i.e. to avoid a hazard
One hand raised in the air	The rider has a problem such as a puncture and is slowing down	Often accompanied by a verbal sign such as "Puncture" allowing the other riders to leave space for the affected rider to slow down and stop if required
Arm extended to the left	Turning left	Often accompanied by a verbal sign "Turning Left"
Arm extended to the right	Turning right	Often accompanied by a verbal sign "Turning right"
Elbow flicked outwards	The rider wants the next rider in the line to move to the front	Used when the group are taking it in turns to ride on the front
Arm extended to the right and moving up and down	The group needs to slow down in speed	Often accompanied by a verbal sign "Slowing"
Wave with palm facing forwards	Thank you	Often accompanied by a verbal sign "Thank you"!!!