

Here are the most common hand signals you need to know when riding in a group.

The first step in using these signals for safe riding is learning how to perform them and practicing the motions. Most of them are very simple and easy to master.

Left turn: Extend the left arm straight out from the body and point to the left. You should perform this signal at least ten yards prior to the turn.

Right turn: Extend the right arm out straight from the body and point to the right. As with the left turn, you want to make this signal at least ten yards before the intended turn.

Slowing down: If you need to slow down, place arm at a 90 degree angle, palm flat facing the rider behind you.

Stop: To signal the group of a sudden stop, place your hand behind your back and make a fist or hold it palm facing out.

Single road hazard: For a single road hazard, the rider should signal by pointing to the hazard with one finger.

Debris/loose gravel: Point the hand open palm down at the gravel or debris and make a shaking motion with the hand.

Hazard on shoulder: Put your arm out straight from the body with an open palm facing the side of the road that the hazard is on, then move the hand to the slow down signal.

Pull through: When you are done pulling the group, use this signal to let the riders behind you know that you intend to drift back into the pack. With your **hands still on the handlebars**, emphatically **wiggle the elbow of the side the paceline should pass you on** as you drop back. (You can also use this signal in the middle of the pack if you get tired and can't keep up.)

Tracks: To signal for train tracks, extend your arm, point, and move your finger in an back-and-forth motion horizontally.

Rough Road - to signal for rough road, extend your arm with the palm down and move up and down

Move Over Pay Attention: Put your arm behind your back and pat your butt. (Naughty,Naughty.) or put your arm behind your back and wave your hand in the direction the pace line is to move over

Wave: The road can be a stressful place. While it's easy to get mad when an inconsiderate motorist creates a dangerous situation, it's just as easy to forget to acknowledge others when you've been given the right of way.

Waving to other motorists and your fellow cyclists on the roadway helps to create a less hostile environment and positively promote the sport of cycling. It's also a good way to remind yourself to have fun and be friendly when sharing the road with others.

We want everybody to have a great time when they hit the road with their cycling group, and riding safely is one of the keys to ensuring a good time.

California bicycle attorneys commonly see accidents as a result of poor communication between riders in groups. We recommend to go over the signals before a ride with others, and ensure everyone agrees on what each signal means. As a result, you can enjoy a smooth and cohesive group ride, accident free!