

Hazard Signals

Cyclists near the back of the group do not have good visibility of the road ahead. It is vital for those on the front to signal to those behind when there is gravel, pot-holes, road-kill, roughness or any hazard by pointing at the object and calling out. All riders must pass the signal clearly back through the group to ensure that everyone gets the message (See the table of common hazard signals below).

Hazard	Call	Hand signal
Pot-hole, rough surface, gravel, glass (or any other hazard).	“Hole Left”, “Rough Right” “Gravel Left”, etc	Point to hazard with the left or right hand. For sand, gravel, etc move your palm from side to side.
Moving right or left due to parked cars, pedestrians, slower cyclists, etc.	“Move Right” “Move Left”.	Hand behind your back pointing in the direction are going to move.
Slowing.	“Slowing”.	Palm down, raise your hand up and down.
Stopping.	“Stopping”	Palm facing back.
Moving from double to single file.	“Single File”	Arm raised vertically.

On narrow roads or when sharing lanes or about to cross a lane, call “**Car BACK**” to alert those near the front of a car approaching from behind. The group is to pass the message forward.

On narrow roads cyclists near the front of the group are to call “**Car UP**” to alert those near the rear of the group of a car approaching from the front.

When approaching an intersection riders are to call “**Car RIGHT**”, “**Car LEFT**” if a car is approaching on the intersecting road. Call “**Clear**” if there is no traffic. *However, it is every cyclists responsibility to check for themselves before entering an intersection.*

Look after each other within the group

Treat all road users with respect and courtesy

Try to minimize your impact on traffic flow in the interest of harmony with other road users (where safety allows)



New members most welcome

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Encouraging all forms of cycling locally and in the wider community

Group Riding Safely



Fraser Coast
Bicycle User
Group Inc



Safe Group Riding

Riding as a group has many benefits:

- It is more fun riding with others.
- You are more noticeable to other road users.
- It shares the effort when there is a head wind.

Group riding brings responsibilities:

- You must ride safely as an individual within the group.
- The group must ride safely.
- Both the **group** and the **individuals** must ride with consideration for other road users.
- In case of flat tire, breakdown or injury, the entire group stops to render assistance.

To achieve this:

- Ride **predictably** both as a group and an individual.
- Keep group sizes manageable. Our club recommends no more than 20 riders in a group.
- Follow the group leader's instructions.
- Maintain a close group formation where possible.
- Signal and call out when there are hazards and obstacles.
- **Obey all road rules**, especially stop signs and traffic lights.
- Clearly signal your intentions to change direction or stop to other road users as well as group members.



Look after each other, be considerate and help make the experience a pleasure for everyone in the group.

Group riding

Group riding has many benefits. It is more sociable than solo riding and adds to the enjoyment of cycling. Joining in a group ride with others of similar fitness and ability is also more motivating than riding by yourself.

A cycling group is more noticeable to other road users. A group riding in a tight formation is more visible and easier to overtake than the same number of individuals straggling down the road. This improves the safety of the group and helps reduce the frustration of other road users.

Riding in a group also shares the load when cycling into a head wind. Sitting a metre behind another rider can reduce the effort required by up to 30%. Rotating the position at the front of the group between the members reduces the time each cyclist spends confronting the full force of the wind. This makes the experience more pleasant and can result in a small increase in speed.

Wait for slower riders after hills and faster sections to allow the group to reform. Let people around you know if the group is going too fast for you.

Responsibility for safety starts with you!

Riding in a group formation brings responsibilities. You must stay alert to what is happening around you - **at 20 kph you will travel over 5m in one second**. Ride predictably and with patience. Avoid braking or swerving suddenly without reason as someone may be close behind you. Signal and call out your intentions first.

Never allow your front wheel to overlap the back wheel of the rider in front. A sudden change of direction could cause the wheels to touch resulting in a fall.

When riding two abreast stay level with your partner.

Your bike

Your bike must be legal, well maintained and have good brakes.

Make sure your tyres are in good condition and always carry a pump and spare tube even if you are not sure how to use them (others will help you).

Have a water bottle fitted to your bike to help you stay hydrated in our warm weather and on longer rides.

Road rules for cyclists

 (adapted from www.transport.qld.gov.au)

Under the Queensland road rules, bicycles are considered vehicles and as such, people **riding bicycles must obey all the general road rules**. As a legitimate road user, you have the same rights and responsibilities as other vehicles. **There are also specific rules that apply only to bicycles and cyclists:**

You must wear an approved, correctly fitted and fastened bike helmet at all times.

Your bicycle must have at least one effective brake and a bell in working order. When riding at night you must have a white light on the front and a red light on the rear both visible for 200 m. A reflector must be fitted to the rear and visible for 50m when a vehicle's headlights shine on it.

You must ride as near as is safely possible to the far left side of the road — on a multi-lane road or a road with two or more lines of traffic travelling in the same direction as you, you can occupy a lane and travel in the right hand lane when necessary (for example, to make a right turn).

You can ride in bicycle, tram, bus and transit lanes except where signs specifically ban bikes.

Hand signals must be given when turning right.

You must not ride more than two abreast unless overtaking.

You must ride within 1.5 m of the other rider if riding two abreast.

(This is not a complete list and has been reworded to fit the available space. For a complete list go to the Queensland Department of Transport website or office.)

Fraser Coast Bicycle User Group Inc

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