





# Bike North Hand Signals and Calls

## Group Interaction



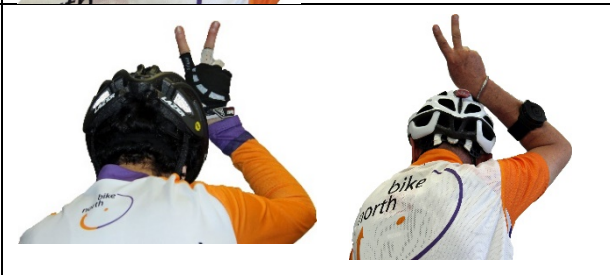
### 1. Motion




Action	Signal	Call	Signal Image
<b>Turning Left</b>	Left arm extended palm vertical	<b>"Turning Left"</b> – Ride leader then riders	
<b>Turning Right</b>	Right arm extended palm vertical	<b>"Turning Right"</b> – Ride leader then riders	
<b>Continue</b> (not stopping) Starting (from a regroup, lights, stop sign etc)  Warning to group to get ready to roll	No signal	<b>"Rolling"</b> - ride leader and riders <b>"Rolling"</b> - ride leader and riders  <b>"Changing"</b>	No signal

<b>Slowing</b>	Left or Right arm extended downwards, patting the air with the hand (Right advisable)	<b>"Slowing"</b> – ride leader and riders	
<b>Stopping</b> Stopping at lights.	Left or Right arm extended, forearm vertical up (Right advisable)	<b>"Stopping"</b> – ride leader and riders	


## 2. Organisation

Action	Signal	Call	Comment	Signal Image
<b>Rider(s) split off group</b>	No signal	<b>"Split"</b> - riders	If someone is dropped or not all riders in the group get <u>through a set</u> of traffic lights call "split".	No signal
<b>Rider(s) back on group after a split</b>	No signal	<b>"All on"</b> - sweep and riders	When riders re-join	No signal
<b>Front riders to lower the pace</b>	No signal	<b>"Ease Up"</b> by Ride Leader	If a group has split and ride leader wants the front group to drop the pace.	No signal

<b>Seek group attention prior to issuing a further signal/call.</b>  (Optional where leader seeks attention).	Left or Right arm extended vertically with closed fist. (Right advisable). This is to get group attention	<b>“Attention”</b> , followed by a further call - ride leader signal to group.		
<b>Single file</b>	Shark fin above helmet with Left or Right hand (Right advisable)	<b>“Single file”</b> - ride leader then riders		
<b>Double file</b>	Two fingers above helmet with Left or Right hand (Right advisable)	<b>“Two by”</b> - ride leader then riders		
<b>Staying in current lane</b>	No signal	<b>“Hold the lane”</b> - ride leader then riders		No signal



<p><b>Take the lane Left or Right</b> (leader initiated and controlled)</p>	<p>Left or Right arm extended vertically with closed fist (Right advisable). This is to get group attention followed by signal left or right signal.</p>	<p><b>"Attention"</b>, followed by <b>"Take the Lane Left or Right"</b> - ride leader signals left or right move to sweep and group initiate lane change.</p> <p>Leader and riders must headcheck to ensure the road space is safe to move into before changing lanes.</p>	<p>Group to be briefed prior to this technique being used. The Leader optionally initiates the move, or plans for the Sweep to control the move (described separately).</p>	
<p><b>Take the lane Left or Right</b> (Leader initiated ; Sweep controlled)</p>	<p>Ride Leader Left or Right arm extended vertically with closed fist (Right advisable). This is to get group attention followed by signal left or right signal.</p>	<p>Sweep headchecks to ensure road space is safe and moves across first.</p> <p><b>Sweep calls : "Over"</b> to signal it is safe for other riders to change lanes and move into the space in front of the sweep.</p>	<p>Group to be briefed prior to this technique being used. The Leader optionally initiates the move (described separately), or plans for the Sweep to control the move.</p>	
<p><b>Rotate the lead 2x2</b></p>	<p>Left or Right arm extended forearm vertical up, finger describing a circle (Right advisable)</p>	<p><b>"Rotate"</b> Used where headwinds may require the leader to have a break. Second Rider to move to the right and assume the lead position.</p>		


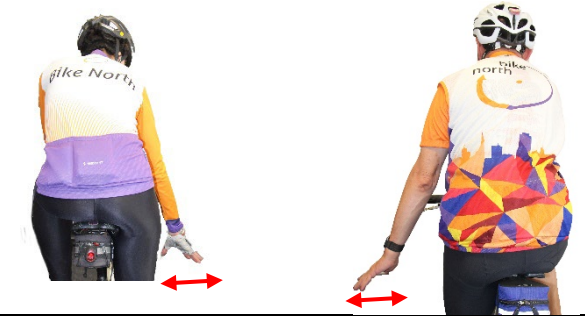

### 3. Others


Action	Signal	Call	Comment	Signal Image
<b>Mechanical problem</b>	No signal	<b>"Mechanical"</b> - by affected rider	Move to side of road in a safe location is possible	No signal
<b>Standing</b>	No signal	<b>"Rising"</b> - by rider		No signal
<b>Rider overtaking</b>	No signal	<b>"On your Right"</b> – overtaking rider	Advisable to only overtake on Right (not the left)	No signal
<b>Drinking from bidon</b>	Hold bidon out before and after drinking	No call	Informs others their pace could change	

## Hazards

### Obstacle

Hazard	Signal	Call	Comment	Signal Image
<b>Rider overtaking or passing a pedestrian, vehicle or other</b>	Left or Right upper arm vertical down, forearm horizontal behind back with full hand pointing away from obstacle	<b>"Walker, car, bus, truck, dog off leash"</b> etc. with "Left, Right, or Up" – ride leader and riders	Note: Pedestrians on a shared path coming in the opposite direction on the other side of a white line and with good sight lines do not need to be called as a hazard.	 Obstacle on left  Obstacle on Right

<b>Obstacle on road</b> (more localised, smaller obstacle)	Left or Right arm down, finger pointing	"Stick, rock, pothole, cat eye, slick, water, metal plate, grate cover, bin, bollard, gutter, lip, snake, dog, turkey, fox, or wallaby" etc. with "Left or Right" - ride leader and riders		
<b>Gravel or glass on road</b> (wider, more dispersed obstacle)	Left or Right arm down, shake hand	"Gravel, glass [etc.]" Left or Right" - ride leader and riders	Shake hand, fingers extended in sweeping motion	
<b>Gap in the road surface in the direction of travel</b>	Left or Right upper arm vertical down, all fingers together pointing down, hand moves back and forward.		Where there is a hazard on the road/path that is parallel to the direction of riding, eg a gap in or different heights between road surfaces, that a tyre could be caught in or be deflected by.	

<b>Car door open or opening</b>	Left or Right upper arm vertical down, forearm horizontal behind back with full hand pointing away from obstacle	<b>"Door Left or Right"</b> – ride leader and riders		
<b>Vehicle approaching Left, Right or Rear</b> (e.g. at intersection and roundabouts)	No signal	<b>"Car, bike, or truck"</b> with <b>"Left, Right, or Back"</b>	No signal as a signal could be misinterpreted by the approaching vehicle as a turn	No signal

### What **Not** to call or signal:

Call not to use	Comment
"Clear"	Bike North calls hazards, it does not call the lack of a hazard. Justification: the absence of a hazard at the time of a call may no longer be true moments later for the rider behind. Each rider is to decide safety conditions.

Signal not to use	Comment
Signal that indicate a vehicle is approaching on the left or right	Vehicles can misinterpret a signal to be a turning indicator by the cyclist. E.g. Intersections including roundabouts.