



Yorkshire Rose Cycling Club

Signals and calls to stay safe when riding in a group

Calls

These are some of the calls you might hear when riding with YRCC. It is essential that you repeat them up or down the group so everyone can hear.

Call	Response
Car Up	Warns of a car approaching from up the road, travelling towards the group. Keep tight to the cyclist next to you, and be prepared to cycle in single file.
Car Back	Warns of a car approaching from the rear of the group. It is important to call clearly so that other group members hear and pass it up the line.
Hole	Upcoming pothole to avoid. This can also be followed by a direction i.e. "HOLE LEFT", "INSIDE", "MIDDLE".
Slowing	Usually accompanied by a hand signal (see below). The cyclist in front needs to slow down for some reason.
Stopping	Brake! Very important to give the call loud and clear so the group can hear.
Clear	To indicate that a junction is traffic free. You must check yourself and not rely on others.
On your left / right	To advise a rider ahead that you are approaching from behind and intending to overtake.
Single out/ single file	When the group needs to form into a single file due to narrowing road, a hazardous location or to clear an obstruction.

Hand Signals

In addition to the standard directional signal of the left or right hand extended out to the side, which should be used whenever you are cycling on the public highway, some of the other common hand signals used when riding in a group situation and with YRCC are listed below. They are usually accompanied by a verbal instruction (see Calls above). It is essential that you repeat them so everyone can see and pass it on.

Signal	Response
Single hand in the air (up or down) as if gently patting a dog.	Rider is signalling that he/she needs to stop or slow down. Usually followed by the call 'Slowing', 'Stopping'.
Pointing down at the road	This is to point out hazards such as pot holes, manhole covers etc. PLEASE copy this signal, it stops accidents and punctures.
Arm out left or right	Everyone in the group needs to indicate when turning left or right.
Left arm signalling behind back	Signal the cyclist is about to move out into the road, e.g. to pass a parked car, to go round debris in the road.
Waving/pointing behind back	Indicates that there is an obstruction such as a parked car or pedestrian and that the whole group needs to move in the direction indicated to avoid it.

www.yorkshirerose.cc

ride@yorkshirerose.cc

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