

OCC Skills Clinic #3: Group Riding Etiquette¹

Slow and Easy Ride - East, 6/20/19

Communication and predictability

1. Ride as far to the right as practicable. Double file is ok only when there is no traffic.
2. When being passed (or passing), always ride single file.
3. Call out “on your left” when passing a rider
 - a. No passing on the right (if you must, announce it first!)
4. Signal turns, slowing and stopping with hand signals and reinforce these verbally such as “slowing”, “stopping”
 - a. Favorite video: <https://www.youtube.com/watch?v=cWWP7R-1Vi0>
5. Before standing, say “standing” one second before doing so because standing often throws a bike backwards and you will take down a rider who is close to your back wheel
6. Call out and point out all road hazards such as railroad tracks, gravel, sand, glass. Do NOT be descriptive, simply announce hazard
7. Call out cars approaching from behind with “car back”
8. Call out “car up” for cars approaching from the front when awaiting a “car back” to pass, and on narrow roads or driveways.
9. Call out runners, pedestrians and other obstacles ahead with “runner up”, “walker up”, etc. and pull out to the left to give them room but look behind first to make sure there is no approaching traffic
10. Do not overlap wheels (your front wheel is next to the rear wheel of the rider in front of you)
11. Do not ride three abreast, as middle rider has no evasive path
12. Do not use aerobars
13. Enjoy riding in a group. It is a pleasant, social experience and it will help you become a better rider.

Some favorite videos: <https://www.youtube.com/watch?v=IK5MPtMrMqU>
<https://www.youtube.com/watch?v=ODmB9LyYzKM>

¹ Adapted from the safety video produced for riders who ride the Pan-Mass Challenge (<http://www.pmc.org/ride/safety>) and based on Massachusetts General Laws, Section 85, Chapter 11B