

SAFE RIDING IN GROUPS

Group riding can be fun and rewarding but becomes dangerous when there is little or no communication between cyclists. Especially when those in the group are inexperienced and/or riding beyond their ability. Good, clear communication which involves pointing out approaching hazards and riding within the limit of your experience and physical ability lead's to greater enjoyment and a safer environment for all members of the group.

Experienced riders should point out any mistakes made by less experienced riders. This must be done in a friendly manner of course, but it is important to make people aware of unsafe riding and help them learn the right behaviour. Riding in a group is about everyone's safety.

REMEMBER:

- Obey all traffic laws and road marshals; they exist for your own safety.
 - [Click here](#) to access the Department of Transport's 'Cycling and the law' resource.
- Be courteous to all other riders and any traffic you encounter.
- Ride one metre from the curb to avoid drains and gutter rubbish.
- Be aware of your surroundings; constantly scan in front, beside and behind you.
- KEEP LEFT AT ALL TIMES unless passing slower riders.
- Only pass slower riders if there is enough room for your group to do so safely.
- Warn slower riders before you pass them. Use your bell or a clear voice.
- Do not pass too closely to slower riders.
- Always pass to the right of slower riders.
- Do not overtake on the inside of a corner.
- Be predictable; always maintain a steady direction and speed.
- Hold your line; do not swerve left or right.
- Communicate warnings to those around you verbally and using hand signals.
- Do not draft/slipstream unless you are well practised at it and familiar with the riders you are riding with!
- Do not overlap your front wheel with the rear wheel of the bicycle in front.
- Do not slow down without warning the riders behind you.
- Do not freewheel if you are on the front of a group, always keep pedalling.
- Only ride two (2) abreast, less than 1.5m apart, unless passing.

PLAN AHEAD:

- Drink water before, during and after the ride.
- Learn the route; it is your responsibility to know where you are going.
- Carry spares or money in case of a breakdown; tube, pump, puncture repair kit.

STANDARD VERBAL WARNINGS

- "Bikes right" - Call down the line when being passed on your right
- "Bikes back" - Call forward when passing slower riders
- "Bikes left" - Call down the line when you are passing other riders
- "Car left" - Call down the line to warn of a parked car on the left
- "Slowing" - Call down the line when you are braking
- "Stopping!" - Call down the line when stopping for any reason
- "Hazard" - Point at the hazard while calling down the line "Glass" or "Hole" or "Drain"

IN THE EVENT OF AN EMERGENCY

- Stop if you are involved in an accident and check the wellbeing of fallen riders and provide assistance.
- Move fallen bikes off the road to reduce the risk to other cyclists.
- Arrange for someone to act as a marshal to warn oncoming traffic of the accident ahead.
 - Call for an ambulance if required.
- Stay with the fallen cyclist until the ambulance arrives.
- Record the incident and provide details to ambulance officers when they arrive.

UNSUITABLE FOR GROUP RIDING

The items below are not suitable for group riding and pose a safety risk to others.

- iPod, MP3 player or headphones
- Triathlon bars
- Answering your mobile phone while riding
- A bicycle in poor condition (i.e. worn brakes)
- Time trial bicycles
- Motorised bicycles