



Rider Safety No.1

Rider Etiquette & Group Riding

Here are a few guidelines which will help you complete this year's Wheels for Change feeling great and in control out on the road. If this is your first cycling event of its kind, make sure you're applying these points to your training rides too whether you're out by yourself or with a group of friends.

Rider Etiquette

This applies to all riders whether you are out riding by yourself, with a group of friends or taking part in a cycling event:

- Riders should all obey the law and ride in accordance with the [Highway Code](#).
- Riders should ride no more than two abreast on the left hand side of the road.
- If a car driver acts irresponsibly and either performs an illegal manoeuvre or shouts abuse, do not retaliate however much you may feel inclined to.
- If you suffer a puncture or mechanical breakdown and you are riding in a group, make sure that you shout out that you are stopping and move off the road. This also applies to waiting cyclists; do not remain standing in the carriageway!

Group Riding

Before September, try and get out training with a group of friends or colleagues. You'll get much more of a feel for what the challenge in September will be like and be able to enjoy it so much more!

- Sitting close to a wheel in front of you within the group saves considerable amounts of energy and the social aspect associated makes the time feel as if it's passing more quickly.
- When following other riders you should 'feather' your brakes and not 'slam on' as this can cause riders to 'fan out' across the road creating a wider hazard for vehicles trying to pass.
- When you're cycling around others you should look beyond the rider immediately in front to assess the next action required and when to take this action (such as braking, turning etc).
- For more of a comprehensive insight into group riding, head to the [British Cycling](#) website.

Group Riding - Communication

Communication is key within group riding and should be made verbally in a direct and clear fashion. A number of standard calls or signals to follow are:

- **Point out potholes or gravel patches:** “On the left” / “On the right”
- **Point out other obstructions:** e.g. Parked vehicles, pedestrians etc.
- **Point out oncoming traffic:** “Car up” or equally “Car front”
- **Point out following traffic:** “Car back”