

## FIT Group Riding Communications

Action	Hand Signal	Call
Car door opening Parked cars Slow rider	Left arm swings back and goes behind the back	"Door" "Car Left" "Rider left"
Pothole, Manhole cover, metal grate, stick	Point you finger at the hazard	"Hole" "Grate" "Stick"
Gravel, sand, glass	Arm extended downward and flat palm sweeping left to right	"Gravel" "Sand" "Glass"
Car Behind	No hand signal made	"Car Back"
Car, runner, walker ahead	No hand signal made	"Car up, "Runner up", "walker up"
Changing lanes	No hand signal made	"Over" or "Clear" or "Wait" whichever safety dictates (made by the rider at the back and on the right"
Crossing onramps or off ramps	No hand signal made	"Over" or "Clear" or "Wait" whichever safety dictates (made by the rider at the back and on the left"
Lights, Stop signs or Giveaway signs	No hand signal made  Although some riders may signal with on open hand held backwards towards the riders behind	"Lights" , "Slowing", "Stopping"
Turning left or right	Straight arm out indication direction	"Turning left" or Turning right"
Moving to single file	Raised hand with one finger pointing upward	"Single"
Moving from single file back into a group	Raised hand with two fingers pointing upward	"Double"
Request the group to slow down	No hand signal made	"Ease up"
If the group gets split and people have now rejoined the group	No hand signal made	"All on"
Group lead it about to rotate (roll)	Raised hand with one finger pointing upward and wrist rotates a number of times to indicate it time to rotate	"Rolling"

Adapted from "Pedal Power" and "Cycling Australia"