



# Wimbledon Windmilers

## Introduction to Group Cycling

### Rules:

1. Stay together: Don't drop anyone
2. Where possible (and safe); use the 'Peloton' effect
3. Observe Rule 66 in the Highway Code – Ride no more than two abreast

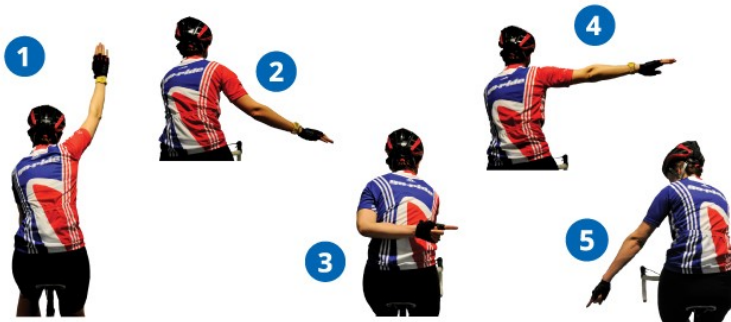
### Common-sense:

1. Wear a helmet, wear something bright
2. Be aware of what's coming up (front & behind)
3. Carry a spare inner tube (and tools if necessary)
4. Have lights (just in case)
5. You have just as many rights to be on the road as a car driver; but being in the 'right', but dead, ain't as great as being alive and frustrated. Let the idiots go.
6. Use the 'cyclist's' group hand signals, if safe and appropriate

If you get lost, want some help:

- [leewilliams@europe.com](mailto:leewilliams@europe.com)
- 07977 017120

# Cyclist's Hand Signals



## **STOP**

Hand straight up in air. Group is stopping for a junction, puncture or because there is an obstruction in the road.

## **2 SLOW**

Move one hand as if gently patting an invisible dog. Group is slowing down or just easing things back a bit.

## **3 OBSTRUCTION**

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.

## **4 TURN**

Left or right hand extended out to side. Direction of turn/change in direction coming up.

## **5 BELOW**

Pointing down at road sometimes with a circling motion to obstruction on road such as a pothole or drain cover that needs to be avoided. Be sensible with this one and only point out major obstacles. This signal is often accompanied with a call of "below".