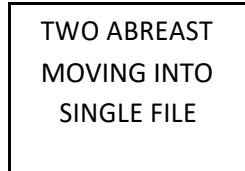
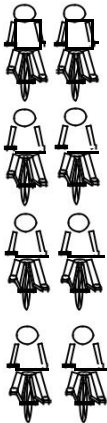
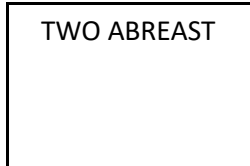


Darlington Cycling Club Road Discipline



1. Group positioning



2. Hand signals

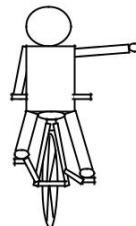
All hand signals should be clear and visible to your riders in the group and road uses.

A. Left Turn



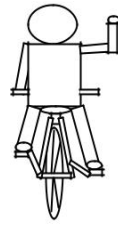
Extend your left arm out horizontally

B. Right Turn



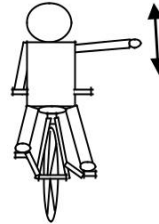
Extend your right arm out horizontally

C. Stopping



Extend your left or right arm full in the air vertically

D. Slowing Down



Extend your left or right arm horizontally moving it up and down.

E. Moving left



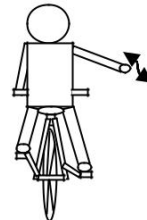
Place your right arm behind your back pointing left this will show that you will be moving to the left of the road. (You do not have to brake)

F. Moving Right



Place your left arm behind your back pointing right this will show that you will be pulling out slightly and moving around the object in the road. (You do not have to brake)

G. Gravel



Extend your right or left arm out horizontally, shake your hand from left to right.

H. Hole



Extend your left or right arm out and point to where a pothole is in the road. (Be aware to move around the hole yourself)

3. Calls

All Calls should be loud, clear and straight to the point; all members of the group riding should repeat the call up and down the line of riders to make everyone in the group aware of what is going on around them. Combine with appropriate hand signals.

- A. **TURNING LEFT:** To inform the group you intend to turn left
- B. **TURNING RIGHT:** To inform the group you intend to turn right.
- C. **STOPPING:** Bring the bike to a controlled stop in a safe place e.g. Mechanical fault, traffic lights ahead.
- D. **SLOWING DOWN:** All bikes slow down and be prepared to stop e.g. road junction ahead.
- E. **KEEP IN (MOVING LEFT):** Obstruction in the opposite lane which encroaches the group's lane, the group to move further to the left of the road.
- F. **KEEP OUT (MOVING RIGHT):** Obstruction in the road group moving out to the right to pass.
- G. **GRAVEL:** Point to gravel in the road shake your hand left to right.
- H. **HOLE:** Point to pothole or sunken manhole/drain cover in the road as passing it.
- I. **When Turning Right: Clear, proceed when ready Turning left onto a main road, no traffic coming from the right.**
- J. **CAR RIGHT:** Turning left onto main road, car coming from the right.
- K. **CAR LEFT:** Vehicle approaching from the left.
- L. **CLEAR LEFT:** No traffic coming from the left.
- M. **ALL CLEAR:** Turning right onto or crossing a main road, no traffic from right or left.
- N. **PUNCTURE:** A member of the group has a puncture and the group should come to a stop in a safe place to aid the rider.
- O. **CAR/TRACTOR/WAGON Front:** There is an oncoming vehicle moving towards the group from the front to back.
- P. **COMING THROUGH:** There is a vehicle overtaking the group.
- Q. **CAR/TRACTOR/WAGON BEHIND** or **Car Back:** Use this call to tell the group there is a vehicle behind the group
- R. **CLEAR BEHIND:** Use this call to tell the group there are no vehicles behind the group
- S. **WALKER(S):** Person(s) on the road who may or may not have seen the group. Use appropriate hand signal to indicate move out left or right.
- T. **JOGGERS:** Person(s) on the road who may or may not have seen the group. Use appropriate hand signal to indicate move out left or right.
- U. **HORSE:** There is a horse ahead on either side of the road which requires the group to slow down and the lead cyclist may need to communicate with the rider before the group passes the horse.
- V. **BIKE(S):** Need to either overtake a cyclist(s) going the same way, or cyclist(s) coming the other way on a narrow road.
- W. **LIGHTS:** Traffic lights are ahead which may require the group to slow down and stop

Version Control

Version	Author	Checked by	Summary of change	Date
V.2.1	M Drake		Changed commands to Car Front & Car Back/Behind. When turning Right; Clear, proceed when ready. Following CUK advice	25/8/19