



Safety Points to Review Before a Ride

- Stay with the Tour Leader and ride within the posted speed range.
- Leave safe space between you and the rider ahead. Call and/or point out hazards.
- Cycle to avoid sudden stops. Use hand signals and voices when turning, slowing, or stopping.
- When signalling a right or left hand turn, extend your arm out straight as you approach the turn. Ensure both hands are on the handlebars when executing the turn.
- Only ride two abreast on quiet country roads when it is safe to do so.
- When the sweep and others call out 'car back,' merge into single file quickly and safely.
- Make your own decisions when crossing busy roads, railroad tracks, or turning left. Please stop calling out 'clear' in these situations.
- Always pass other cyclists on the left and call out when doing so.
- The Tour Leader will signal and call out 'taking the lane' when making a group left hand turn, or when the lane is obstructed or narrow.
- The Tour Leader will signal and call out 'box up' at an intersection so that riders move up to become a single unit to move together safely and efficiently through the intersection.
- Move completely off the road for regrouping, bike problems, and all use of cell phones.



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