

# Road Riding Etiquette |

## Policies & Procedures

Last Updated: March 5, 2021

### Road Riding Etiquette.

**Start with Dua/Prayer. Before starting out we will recite a short prayer.**

1. Arrive on time and prepared. Pump your bike the night before.
2. Ride single file when in groups, and ride together. Riding together is more fun.
3. Keep sufficient distance when following each other.
4. Say "On your left" when passing a rider on who is on your right, and pass only on the left.
5. Use Hand signals when turning and slowing down, and point out potholes, road kill, or other items.
6. Use Verbal signals such as "Car back", "Slowing", "Clear", "Tracks", "Road kill", "Holes", etc.
7. Obey the rules of the road. Stop at stop signs and traffic lights.
8. Be mindful about spitting. When riding in formation, please avoid. This is also for blowing your nose.

### Formation Riding

1. This will help our group to ride faster together. It will help build speed.
2. Every rider will take turns at the front for 45 seconds to a minute.

3. The second rider checks for traffic on the left and once its clear for the lead rider to start dropping, yells “Clear”.
4. The lead rider will then drop back to the end of the formation. (See the diagram)
5. The speed of the formation should be what everyone is comfortable at. If you are not able to keep the speed, yell “slow down” to the rider in front of you who will relay the message up the line. The lead rider should then slow down the pace so the formation stays together. Together we can be stronger and faster.
6. See the Group riding etiquette at  
  
<http://jaffaricycling.com/road-bike-etiquette-1st-edition-2/>

### **Review and Approval**

1. This policy is reviewed annually.
2. This policy was approved by the Jaffari Cycling Club Executive
  - a) This policy went into effect on March 1, 2021

### **For more information please contact:**

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