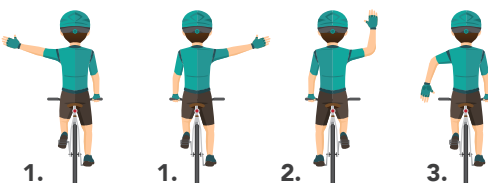
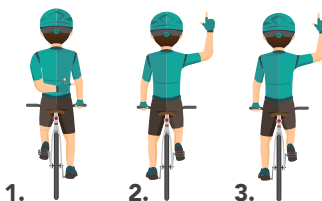


Signaling



1. **Turning Left or Right** - Hold your arm out straight with a flat hand, thumb up in the direction you are intending to turn. Check over your shoulder before moving.
2. **Stopping/Slowing** - Right hand up, elbow bent at 90 degrees.
3. **Hazard on the Road** - Potholes or other hazards should be pointed out in the direction of the hazard. A loose surface or glass should be indicated by adding a shake of your hand.



1. **Moving In or Out** - Sweep your arm behind your back in the direction you intend to move.
2. **Single File** - Straight line behind each other.
3. **Two Abreast** - In pairs holding straight lines

KEY PHRASES

Car Up - Car coming from the front of the group (call from leaders).

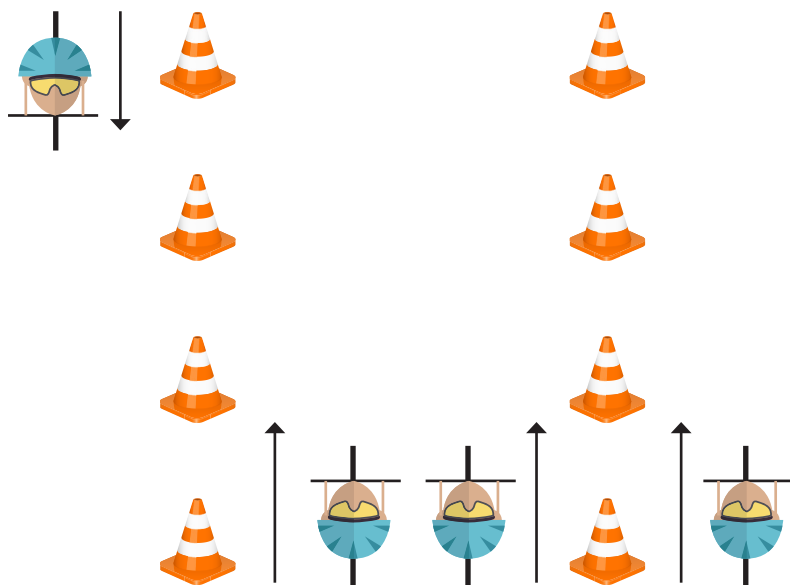
Car Back - Car coming from behind the group (called from back).

Slowing or Stopping - (called from leaders).

Clear - Indicating clear intersection for next rider/s.



Pass the Bottle



Ride in a straight line to single file (outside moves forwards) pass a bottle to another rider. Try riding next to each other, in opposite directions and using different hands.

This is a good skill to learn to ride one handed for signalling or taking a drink while riding.