

Top Ten YMCA Master Fit Road Riding Rules

1. **Be Predictable:** Ride straight, indicate when turning, and warn others of your intentions. Group riding requires more predictability than when riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently. Bicyclists are subject to the same rules of the road as motorists. Pass on the left, and say “on your left”. If you need to pass on the right, say “on your right”. If you need to take a lane, signal and communicate to motorists.
2. **Be Courteous:** Be respectful of others regardless of speed or skill level.
3. **Be Alert:** Remain alert to traffic.
4. **Use signals:** Use hand and verbal signals to communicate with others in the group and motorists.
5. **Give Warnings:** Warn cyclists behind you of changes in direction or speed. *Lead rider* should call out “left” or “right” or “stopping” in addition to hand signals. *Lead rider* should also announce a turn well in advance of an intersection so members can position themselves properly for the turn. *Lead rider* will also indicate hazards in the road by pointing down to left or right and shouting “hole” or “bump” etc. *Rear rider* will check road clearance when crossing traffic and shout out “clear” or “car back” depending on traffic.
6. **Ride single or double file:** Cyclists commonly ride single as appropriate to the roadway and traffic conditions but where allowed by law can ride double. Courtesy dictates that you ride single when cars are trying to pass. California motor vehicle law says “*any person operating a bicycle upon a roadway at a speed less than the normal speed of traffic shall ride as close to the right curb as possible except when passing or making a left turn*”. Police officers see the California vehicle code as saying bicycles must stay as far to the right as practical; riding side by side has been cited as a violation of the law.
7. **Watch for Traffic Coming From Rear:** “car back” works appropriately when a *Rear rider* sees an upcoming car.
8. **Watch Out at Intersections:** *Lead Rider* should say “Slowing” or “Stopping” to alert riders behind. When passing through an intersection, cyclists will say “clear” or “rolling”.
9. **Move off the Road when you stop:** Move well off the road so you do not interfere with traffic. When you restart, each cyclist should look and yield to traffic.
10. **Maintain Your Place in Line:** When the group gets to a signal, do not take this opportunity to cut to the front of the others in the group; push the pedestrian button to help the group get through. Slower riders who cut in front in order to pass will cause a bunch up at the limit line. Always maintain your position in line and work on passing when rolling along safely. Experienced riders line up and stay in order.

I have read and understand the above Safety Rules.

Signature _____ Print Name _____