

## Communicate clearly

Helpful verbal and non-verbal communication will keep everyone around you up to speed on your actions and potential hazards. So remember to call out your intentions especially when pulling out from road hazards, stopping, when a rider is passing or there is a car at the back of the group. Using clear hand signals to indicate hazards also helps out.

## Ride within your limits

Choose a position in the pack that reflects your riding capabilities.

When changing positions, let the group know what you're doing and allow yourself to slip back and ride at a pace that is more comfortable for you. The most experienced riders should position themselves on the outside of the group.

## Leave or join the group safely

For safety, be sure to leave – or join – a group from the rear, ensuring all riders have ridden past you on your right first. If you find the group you're riding with is behaving unsafely or riding illegally, you should leave the group.

## Keep an even speed on hills

It is important to maintain your speed, rhythm and pedal pressure when ascending hills. Keep your upper body steady while concentrating on maintaining the momentum. Try to keep the shape of the group compact.

In downhill situations where speed increases are inevitable, it is best to spread the group to allow greater clearance between riders. This also gives you a clearer view of what is ahead as well as enabling you to plan your alignment.

## Further information

You can find further information on safe cycling on the road by visiting

[www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)  
[www.nsw.cycling.org.au](http://www.nsw.cycling.org.au)  
[www.bicyclensw.org.au](http://www.bicyclensw.org.au)

This brochure is a joint initiative of the Bicycle Advisory Council and the Road Freight Advisory Council.

This brochure is endorsed by:



## Roads and Traffic Authority

The information in this brochure is intended as a guide only and is subject to change at any time without notice. It does not replace the relevant legislation.

For further enquiries  
[www.rta.nsw.gov.au](http://www.rta.nsw.gov.au) | 13 22 13

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# Riding in groups

A guide to riding safely on our roads.

## Safe riding in groups

**No matter how we choose to travel – ride, drive or walk – the road is there to share. To save lives and make road travel enjoyable we need to obey road rules and respect all road users (pedestrians, motorists, heavy vehicle drivers, motorcyclists and bicycle riders).**

### Limit the group

You can maximise safety for all road users by keeping your cycle group to 20 riders of similar standard of experience and fitness. Any more may make it difficult for other road users to safely pass your group.

**When cycling in groups please ensure you:**

### Ride predictably

Sudden changes in direction, behaviour or abrupt movements can surprise fellow riders, causing them to react quickly and making accidents more likely.

### Keep your distance

Avoid the risks of losing control or falling by keeping your wheels away from other riders in your group. When wheels touch, the rider behind is more likely to fall.

### Keep it steady

Sudden braking can cause a collision from behind, so try to keep your pace steady and your braking to a minimum.



Riding in groups

# code of conduct

## Safe riding in traffic

**Riding in traffic can be safe and even enjoyable – as long as you follow some commonsense tips.**

### Read the road ahead

As a bicycle rider, you should constantly scan the road ahead and the surrounding environment. This will help you to be prepared for unexpected situations. Lead riders carry additional responsibility to alert the rest of the riders in the group of changing directions and road conditions.

### Signal your actions

In a group, the lead rider must give clear indications of a change in direction. All riders, particularly rear riders should also give signals to alert following motorists of the group's intention to change direction. This will keep you safe and minimise driver frustration.

### Be aware of other vehicles

Listen for vehicles approaching from behind and look for vehicles pulling out in front of you. Parked vehicles can be hazardous if an occupant suddenly opens a door. Always look through car rear windows to try to determine whether or not an occupant is about to get out of the car. A flash of the brake or reversing lights, the right hand indicator or the front wheels moving, are all clues a car may pull out from the kerb.

### Maintain a steady position

Don't weave in and out of traffic. Bicycle riders are more visible to drivers when they ride in a straight line one metre out from the kerb.

### Leave your portable audio equipment behind

It's absolutely essential when you're riding with a group to be aware of your changing road environment and the verbal messages of other riders. Listening to audio devices or a mobile phone could distract you and prevent you from hearing what's going on.

*When you share the road you must ride predictably, respect the rights of other road users and obey the road rules.*

## Cycling regulations

**When cycling in a group always put safety ahead of performance. When riders cycle outside the law, they put themselves at greater risk and frustrate other road users. As a bicycle rider, you need to regularly revise and update your knowledge of the road rules.**

**Here are some examples:**

### Obey signs and signals

Traffic control signs and signals including red lights, stop and give way signs must be obeyed.

### Stay clear of vehicles

It is illegal to ride within two metres of the rear of a moving motor vehicle continuously for more than 200 metres.

### Wear a bike helmet and bright clothing

All bicycle riders must wear an approved bicycle helmet securely fitted and fastened on their head when riding. It is important to wear bright coloured clothes or reflective vests to increase your visibility.

### Ride with a maximum two abreast

It is illegal for bicycle riders to ride more than two abreast unless overtaking. Exercise caution when overtaking a group, ride in single file when doing so. When riding two abreast you must not be more than 1.5 metres apart.

### Follow lane markings

Lane markings must always be obeyed and unbroken centre lines cannot be crossed. Riders are allowed to travel on the left of an edge line. If there is a bicycle lane running in the direction you are riding, you must use it.

### Look for pedestrians

Bicycle riders, like other road users, must not create traffic hazards by moving into the path of a driver or pedestrian.

Always use hand signals to indicate your intentions and use your bell or horn to alert pedestrians to your presence. Riders must give way to pedestrians at crossings and when turning at intersections.