

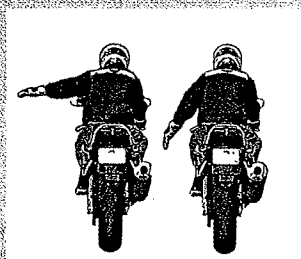
▶ HAND SIGNALS FOR GROUP RIDING

Hand signals are an easy and effective way to communicate with other riders and keep everyone together and on-task during a group ride. Hand signals will vary from group to group, which is why it is especially important to inquire about what signals will be used at the rider's meeting before you embark on a ride with any new or unfamiliar group. To get you started, here's a review of the most commonly used hand signals. ■



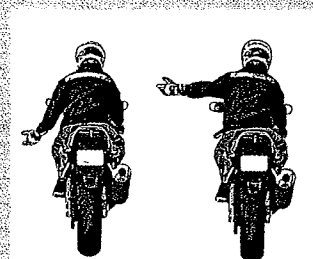
STOP

Arm extended straight down, palm facing back.



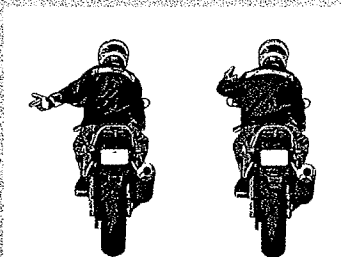
SLOW DOWN

Arm extended straight out, palm facing down, swing down to your side.



SPEED UP

Arm extended straight out, palm facing up, swing upward.



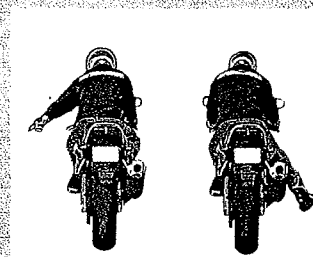
TAKE THE LEAD

Arm extended upward 45 degrees, palm forward pointing with index finger, swing in arc from back to front.



FOLLOW ME

Arm extended straight up from shoulder, palm forward.



HAZARD IN ROADWAY

On the left, point with left hand; on the right, point with right foot.



SINGLE FILE

Arm and index finger extended straight up.



DOUBLE FILE

Arm with index and middle finger extended straight up.



FUEL

Arm out to side pointing to tank with finger extended.



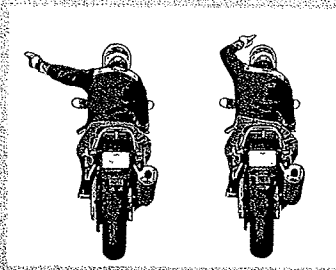
REFRESHMENT STOP

Fingers closed, thumb to mouth.



COMFORT STOP

Forearm extended, fist clenched with short up and down motion.



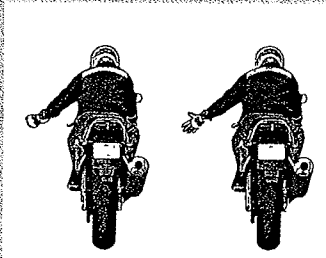
PULL OFF

Arm positioned as for right turn, forearm swung toward shoulder.



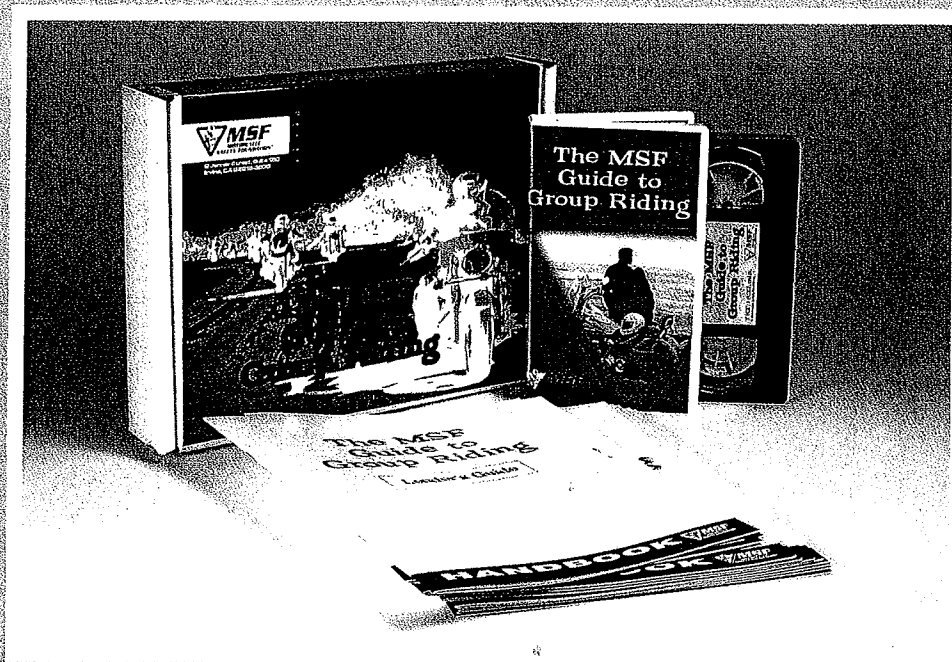
HIGHBEAM

Tap on top of helmet with open palm down.



TURN SIGNAL ON

Open and close hand with fingers and thumb extended.



The MSF Group Riding kit can help a club organize its rides. The video and handbooks explain safety strategies, hand signals, and proper riding formations.