




Group Ride Safety Instructions

- ✓ Wear a helmet — wear it *correctly*
- ✓ ABC Check: Air, Brakes, Chain
- ✓ Ditch the headphones. Sing instead!
- ✓ Use hand signals and give verbal warnings
(“*On your left.*” “*Stopping!*” Etc.)
- ✓ Yield to pedestrians; give notice before passing
- ✓ Use caution at intersections
 - Watch for turning vehicles
 - Make **eye contact** with drivers
- ✓ Obey  signs, traffic laws
- ✓ Ride single file; leave gaps for passing bikes/vehicles
- ✓ Avoid the “**door zone**” (3 feet from parked cars)
- ✓ Mechanical problem? Move off the road or trail
(If needed, call/flag down ride marshal or SAG vehicle)
- ✓ Be safe. Be courteous. Smile. Have **FUN!**

