




Group Ride Safety Instructions



- ✓ Wear a helmet at all times during the ride
- ✓ ABC Check before you go: **A**ir, **B**rakes, **C**hain
- ✓ Stay alert – avoid wearing headphones
- ✓ Use hand signals and verbal warnings
 - (“*on your left*”, “*stopping*”, etc.)
- ✓ Yield to pedestrians, give notice before passing
- ✓ Use caution at intersection
 - Look both ways before crossing, watch out for turning vehicles, etc.
- ✓ Obey  signs and other traffic laws
- ✓ Ride single file, leave gaps for passing bikes/vehicles
- ✓ Avoid the “**door zone**” (3ft from parked vehicles)
- ✓ Mechanical problem? Pull off the road or trail
 - Contact the SAG vehicle or designated contact person.
- ✓ Be Safe. Be Courteous. Have Fun!

