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| **COMMON VERBAL SIGNALS** |
|  | **Description** | **Hand Signal** |
| **All On** | Command given by the sweeper to let the ride leader know that the group is together after taking off from a stopped position. Also used when the group is back together after a "gap" has been called. Should only first be given by the Sweeper and then passed up to the front. | *RL gives a "thumbs up" to acknowledge* |
| **All Here?** | Not to be confused with – or used for – "All on!", this is called from the ride leader to the sweeper to check whether the group is together (in case the sweeper has forgotten to make the call "All on!"). It is not to be used in place of "All On" because the ride leader is listening for the word "ON" to know the group is together and can proceed at pace. Answers to this call should be "All on", "Gap" or "Riders Back". | *Hand up in the air* |
| **Biker Up** | Similar to “Car Up”, this indicates that one or more cyclists are coming towards the group. | *None* |
| **Biker Down** | Not something we ever want to hear, but it does happen occasionally. Yelling “biker down”, tells the rest of the group there has been an accident. The group will stop to render assistance, including calling for medical care if needed. | *None* |
| **Car Back** | When someone yells, "Car Back", this means that there is a car coming up from behind. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, **repeat the call** so that others know that you are aware of the vehicle is behind you. It is also common courtesy to repeat this so that others behind you also know about the car. | *None* |
| **Car Left** | Usually announced when coming up to an intersection and gives an indication that vehicle is approaching the intersection from the left. Cyclists should always use additional volume with this command as it is as much for the approaching vehicle as it is for the group. *Riders should always use caution with an approaching vehicle – even if there is a stop sign, it doesn’t mean the vehicle will actually stop.* | *None* |
| **Car Passing** | Announced as a car passes the group from behind. Alerts riders to hold their line to avoid being hit by a side-view mirror – or worse. | *None* |
| **Car Right** | Usually announced when coming up to an intersection and gives an indication that vehicle is approaching the intersection from the right. Cyclists should always use additional volume with this command as it is as much for the approaching vehicle as it is for the group. *Riders should always use caution with an approaching vehicle – even if there is a stop sign, it doesn’t mean the vehicle will actually stop.* | *None* |
| **Car Up** | When someone yells, "Car Up", this means that there is a car approaching the group from the front. It is intended to be a verbal caution indicating that a stop may be necessary. This is also especially helpful to cyclists behind you that may be riding two-up on single lane roads. If you hear this, proceed with caution and “single up” if possible. | *None* |
| **Changing** | Warning from the front of the group that a light is about to change to green and to be prepared to move. This reduces delay from the group and helps them traverse the intersection quickly and safely. | *None* |
| **Clear/Clear Yourself** | Announced when entering an intersection or other area where you may encounter vehicles, other bikes or pedestrians. Treat this command as “information only”. You should always view the area yourself to ensure nothing has changed upon approach and then determine if it is safe for you to proceed. | *None* |
| **Crack** | This warns the group that there is a dangerous crack in the road, or a wide expansion joint along the edge of the road or between lanes, that needs to be avoided or carefully crossed so that a wheel doesn't get caught. This call is also normally accompanied with the position of the crack in relation to the group – left, right, or middle. | *Point to the crack* |
| **Dog** | When someone yells “dog”, all cyclists in the group should be prepared for an encounter with one of our furry friends. |  |
| **Debris (also Water, Gravel, Bump)** | If you see an obstacle such as roadkill, trash or glass that might endanger another rider behind you, it is important to call it out or motion for riders to move out of the way. Usually this call is accompanied with the position of the object in relation to the group – left, right, or middle. Water, gravel and "bumps" are called in the same manner. | *Point to the object* |
| **Gap** | Announcing “Gap” when you are on a group ride indicates to those in front that the group is breaking apart and some cyclists are being dropped. This is especially important on group rides where the leader wishes to keep the group together. The ride leader can choose to slow the pace allowing the gapped rider to catch up, or the group sweeper can go back to assist. | *None* |
| **Going Left/Left Turn** | Warns the group of an upcoming left hand turn. | *Left arm points left* |
| **Going Right/Right Turn** | Warns the group of an upcoming turn to the right. | *Right arm points right* |
| **Green Up** | Yelling “Green Up” when a group is at a stoplight, tells the group that the light has turned green and the group is proceeding. | *None* |
| **Hold your line** | When someone yells, "Hold your line", this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other cyclist trouble. | *None* |
| **Hole** | Normally accompanied by a hand signal pointing to the hole, this warns the riders behind that a pothole is coming and should be avoided. This call is also normally accompanied with the position of the hole in relation to the group – left, right, or middle. | *Point to the hole* |
| **Mechanical** | Yelling “mechanical” indicates to the rest of the group that a rider has a problem with their bike. This could be a flat or something more serious. Group should pull over, render assistance if needed, and regroup at the earliest safe place. | *None* |
| **On your left** | When someone yells, "On your Left", this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear "On your Right". That is, a cyclist should never pass on the right. However, there are many cyclists with varying experience. Be on the look out for those that will pass on your right. If someone does this, kindly remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left". This indicates to them that you've heard them. | *None* |
| **Parked Car Right** | Called to let the group know there is a car parked on the side of the road and to give extra space in case someone should open a car door into the lane. | *None* |
| **Riders Back** | When the group is broken or partially left behind (usually by getting caught during a light change), this command is called so the leader/front half of group will know to slow or stop and wait for a regroup. | *None* |
| **Rider Coming Back (Left/Right)** | Called when a rider from the front is dropping (fading) to the back of the group (usually taking a break from pulling). The call includes "Left" or "Right" to let everyone know on which side they are coming back so that they can give them space. This call should be followed by "All On" when they have gotten to the back of the group. *Only one rider/side at a time should ever be dropping to the back.* | *Fading rider pats lower back - person behind moves up when space to do so* |
| **Rider Coming Up** | Used when a rider from the back is coming up to the front of the group. Called during a stop when there needs to be communication between the sweeper and the ride leader — or when a struggling rider from the back needs to move up further up into the group. | *None* |
| **Rolling** | Announced from the front of the group as it is safe for the group to move forward from being stopped. This generally is at a stop sign, but can occur anywhere the group has had to stop. Also used when a group is in motion and proceeding through an intersection at a green light. | *None* |
| **Rough Road** | This call is for sections of bad road. Whether broken, uneven, full of holes or debris, everyone should take extra care and be alert as they ride through this area. | *None* |
| **Runner/Walker Right** | Warning to riders in the group that a walker or jogger is coming towards the group and the group should shift to the left to avoid. |  |
| **Single Up** | When this announcement is made, all riders should get into single file formation. | *Index finger held up high* |
| **Slowing** | When someone yells out "Slowing", this means that there is something that is causing the group to slow down. This can be anything from a light, a slower group of bikes, a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell "Slowing". This is to indicate to others that you've heard them and you are also slowing. This will also alert those behind you that you are slowing down. | *Arm held downward, palm flat to the riders behind you* |
| **Stopping** | When someone yells out "Stopping", this means that there is something that is causing the group to stop. This can be anything from a light, a slower group of bikes, a stop sign or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping". This is to indicate to others that you've heard them and you are also slowing to a stop. This will also alert those behind you that you are slowing to a stop. It's VERY important not to slam on your brakes especially if there are others behind you!! | *Arm held downward, hand makes a fist.* |
| **Take the Lane** | When a group is required to change lanes, it is expected that those in the back of the group, with the best view of traffic approaching from the rear, should clear the lane first. When all traffic is clear of the front of the group, they should announce “Take the Lane” and then all riders should pass this info up to the front as they switch lanes from back to front.  "Take two" means to move over two lanes. Shawnee Trail Cycling Club uses this, rather than “Clear” or “Clear Back” because of the confusion with the word “Car” in our Texas wind. | *None* |
| **Tracks** | Yelling “tracks” tells riders in the group to be aware the group is about to cross railroad tracks. Always cross tracks at a right angle. | *Motion with hand behind lower back* |
| **Thank you!** | This call should be yelled by everyone rolling into the parking lot at the end of each ride to let their ride leaders know they appreciate them and had a great ride! | *Wave, handshake, fist bump or high-five* |