

Ride Management – Safety Calls

- Car Up (Back) - Car approaching from the rear of the group (Up Your Bum!)
- Car Down (Front) - Car approaching from the opposite direction – usually only required on narrow roads without a white line (Down Your Throat!)
- Out - an obstacle ahead (parked car, pedestrian) requiring the whole group to move to the right in order to pass safely
- Hole - Upcoming pothole to avoid
- Inside - obstacle to avoid on the left of the group
- Middle - obstacle to avoid between the 2 lines of riders when 2-abreast
- Under - obstacle that is directly in line and first rider has been unable to avoid it and so has had to ride through it
- Slowing - Usually accompanied by a hand signal. The cyclist in front needs to slow down for some reason.
- Stopping - The group needs to come to a complete stop so start slowing (in a safe and controlled manner)
- Wait - Usually at junctions to indicate there is a car coming
- Clear - To indicate that a junction is traffic free. You must check yourself and not rely on others.
- Single out/ single file - Get into single file safely and promptly
- Mile off – Call to the lead rider to slow down slightly (due to the group being stretched).
- All On? /All here! . Call from the ride leader should the group be split on an incline/junction etc.