

Peloton Riding Signals

Simple gestures and voice signals for clear communication

Turning



Extend your arm clearly to show which way you're turning, left or right.

Stopping



Raise either hand to let the group know you're stopping.

Slowing down



Hold one hand low at your side, palm down, and move it gently up and down.

Obstacle across the road



Point down behind you and move your hand from side to side for an obstacle that runs across the road, such as railway tracks or a speed bump

Object on the road



Point clearly at hazards such as potholes, rocks or bottles. Wiggle your fingers for gravel or debris.

Move around an obstacle



Sweep your arm inward to show that the group needs to move away from an obstacle on that side of the road.

Voice signal

What it means

Car back / Car up

A car is approaching from behind ("car back") or from ahead ("car up").

Stopping

The group is coming to a stop.

Attention

Something ahead needs extra attention, for example a bollard.

Slowing

The group is slowing down.

Single / Single file

Move into single file, for example through a narrow section.

Double / Two lines

The group can return to riding two abreast.

Hole / Rails / Bollard / etc.

Call out the hazard so riders behind know what's coming.



[More tips](#)

Signals only work when everyone passes them back through the group