

Good Buddy System and Safety Tips

Check who's behind you

By far the most important thing to remember when riding in a group, is to check your mirrors from time to time, to see whether the riders behind you are still there.

Stop

When you miss someone, stop! You can stop anywhere where you can do so safely, but you should stop in any case at the first turn in the route.

To be extra safe, always check three or four people behind you.

If you know that everybody will behave like this, you don't need to worry that you might lose the others, so you will be able to stop while knowing that the riders in front of you will stop as well.

Ride back

When the rider in front has stopped because people disappeared from his mirror, and he has waited so long that he knows something has happened, he should decide to ride back, to check what has happened. If there is trouble, everybody should be informed.

Ride your own speed

When touring with a group, remember that you should always ride at your own speed. When that speed is slower than the others ride, there's nothing to be ashamed of: everybody has different experiences.

You always know the others will wait for you, so there is no need to ride faster than feels comfortable.

Don't accelerate on straights

It is very common for riders in a group that they accelerate on the straights when they notice that they get behind in corners, to keep up. Don't do that! The corners will become more and more difficult for you when you ride that way.

When you notice that the rider behind you always has to brake in corners for you, or tailgates there, let him pass: slow down and hand signal that he may pass.

The only exception to this rule is the last rider in a group. It is recommendable that he is an experienced rider: together with the one in front, he is the sheep's dog, keeping an eye on everybody in front.

Behave like you would alone

Something that you should keep in mind, is that you are ***always*** responsible for your own behaviour, especially for your speed, when riding in a group.

Concerning overtaking: don't follow the one before you blindly! If you lose the group, they will wait for you! Only overtake when ***you*** are able to see that it's possible.