

Safety

- Helmet is mandatory.
- Traffic regulations are observed at all times.
- Abrupt changes of course and/or sudden braking are absolutely prohibited.
- Position hands on the handlebars in such a way that braking is possible at all times.
- The racing bike must be equipped with shifters on the handlebars, so no commanders on the frame.
- No sprints around place name signs, KOMmetjes, Garmin segments and the like unless this is explicitly stated as part of the training.

Pace, formation and route

- The weakest link in the group is taken into account, the pace is adjusted accordingly.
- In case of mechanical damage or punctures, wait for each other, help each other with this
- If traffic permits, cycle two by two. If not, one behind the other.
- Those who are riding in front and/or the trainer(s) determine the route and indicate this clearly with hand gestures and a short, unambiguous call.

Food and drink

- Always take enough water with you, and take extra water with you in warm weather. Rule of thumb; for every hour of cycling about 750ml.
- Take enough food with you for rides longer than 1h30 and eat enough beforehand, this prevents hunger pangs.

Commands and signals

Commands and signals are usually given first by the front or back riders. Pass them on to the other riders, so the whole group is well informed. All verbal signals are given in Dutch so as to prevent confusion.

Verbal signals

- STOP. Stopping
- VRIJ. When there is no oncoming traffic and you can continue.
- LINKS of RECHTS. When approaching a turn or sharp bend.

- TEGEN. When oncoming traffic is moving: everyone moves or gives way.
- VOOR. When passing a stationary object and/or passing a moving vehicle: everyone moves or gives way.
- ACHTER. For oncoming traffic: everyone moves in or gives way.

Physical signals



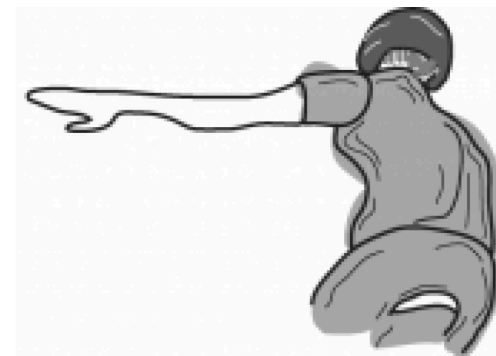
Pointing out danger



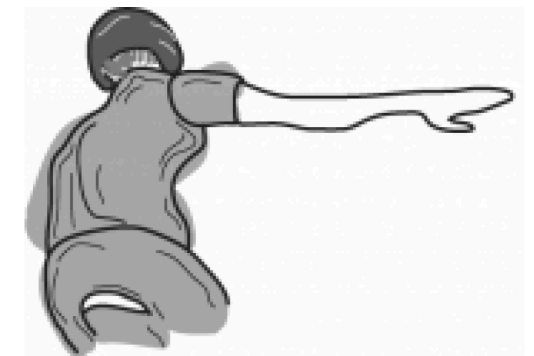
Stopping



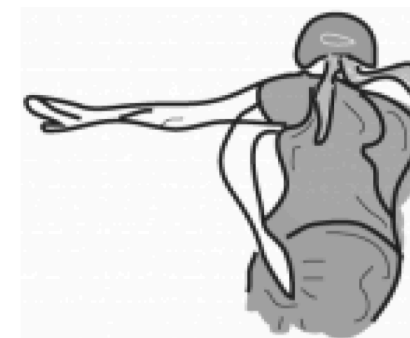
Slow down



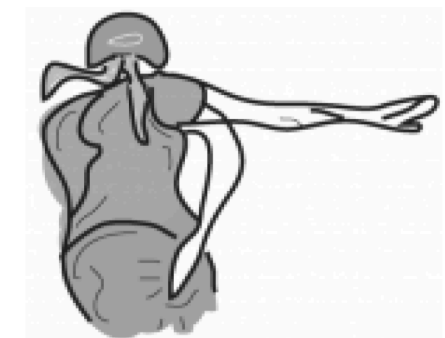
Turning left



Turning right



Danger on the left side



Danger on the right side