

## Section 6: Hand Signals

Time: 5 Minutes

### Instructor Notes:

State: The following three hand signals, *Single File*, *Stagger formation*, and *Hazard in the road*, should be demonstrated and understood by all Team members before beginning the ride.

State: Bare hand in the following pictures is for demonstration and contrast. Riders should always wear full fingered gloves while riding

<p>"Single File" (Screen 28)</p>  <p>Arm and index finger extended straight up. <u>"Group needs to know this one"</u></p>	<p>"Stagger Formation" (Screen 29)</p>  <p>Arm extended straight up. First and fourth finger forms "ram's horn" sign. <u>Group needs to know this one</u></p>	<p>"Hazard in Road" (Screen 30)</p>  <p>Point immediately with emphasis. Sometimes done with right arm. <u>Group needs to know this one</u></p>
<p>"Follow Me" (Screen 31)</p>  <p>Arm extended straight from shoulder, palm forward.</p>	<p>"Speed Up" (Screen 32)</p>  <p>Arm down to side. Fist clenched. Twist as if turning throttle.</p>	<p>"Stop or Slow" (Screen 33)</p>  <p>Arm extended straight down. Palm back.</p>
<p>"You Lead" (Screen 34)</p>  <p>Arm extended down. Palm forward. Swing forward from hip in arc.</p>	<p>"Check Headlight" (Screen 35)</p>  <p>Tap on top of head with open hand, palm down.</p>	<p>"Need Fuel Stop" (Screen 36)</p>  <p>Arm out to side. Point to fuel tank.</p>



**"Need Food Stop" (Screen 37)**



Arm out to side. Fingers closed (pinky may be extended). Thumb to mouth.

**"Turn Signals Left On" (Screen 38)**



Repeatedly open and close hand with thumb and fingers extended.

**"Come Alongside" (Screen 39)**



Same as "You Lead", but ending with alongside pointing finger.

**"Pull Off" (Screen 40)**



Arm positioned as for right turn. Forearm then swung toward shoulder.

**"Need Comfort Stop" (Screen 41)**



Upper arm extended. Forearm straight up and down. Fist clenched. Short up-and-down motion.

