

DUTIES OF A RIDER

All riders and guests must acknowledge having read and understood the Duties of a Rider statement below before participating in any NFBC-sponsored ride. Your name/signature on the NFBC membership form and on the NFBC sign-in sheet is such an acknowledgement.

- Riders must wear an ANSA-approved bicycle helmet while participating in any NFBC-sponsored ride.
- Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to violate any of these laws.
- Riders should not ride beyond their limits, or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and other riders.
- Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride leaders do not represent the route as free of hazards to bicyclists.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders must make certain there is adequate safe space between themselves and the rider in front of them.
- Riders must communicate with other riders by calling out and announcing the following:
 - **CAR BACK** - warning riders in front of them that there is a vehicle approaching from the rear, and signaling to "single up".
 - **CAR UP** - warning riders in front of them that there is a vehicle approaching from the front.
 - **SINGLE UP** - warning that single-file riding is required.
 - **CAR LEFT / CAR RIGHT** - warning to riders that a car may be entering their path.
 - **WALKER / RUNNER UP** - warning that there is someone on foot on the rider's side of the road.
 - **TRACKS** - warning that the riders are approaching railroad tracks. Riders should cross tracks at a right angle to the tracks.
 - **ROAD KILL** - warning that there is a dead animal in their path.
 - **HOLE** - warning that there is a pothole or other break in the pavement ahead. Riders may simply point to the ground to indicate a pothole.
 - **STOPPING / SLOWING** - warning riders around you of a change in your speed. Riders may also use a hand signal to indicate this change.
 - **ON YOUR LEFT** - warning other rider(s) that you are passing them on the LEFT. Riders should **NEVER** intentionally pass another rider on the right side.
 - **ALL OF THESE WARNINGS SHOULD BE PASSED TO THE RIDERS BEHIND YOU.**