

STANDARD VERBAL WARNINGS

- “Bikes right” - Call down the line when being passed on your right
- “Bikes back” - Call forward when passing slower riders
- “Bikes left” - Call down the line when you are passing other riders
- “Car left” - Call down the line to warn of a parked car on the left
- “Slowing” - Call down the line when you are braking
- “Stopping!” - Call down the line when stopping for any reason
- “Hazard” - Point at the hazard while calling down the line “Glass” or “Hole” or “Drain”

Links – Road rules

<http://www.dpi.wa.gov.au/cycling/1974.asp>

Juniors

Gear restrictions apply to all junior cyclists in events conducted under Cycling Australia regulations on the road and track.

The restrictions referred to is the distance one revolution of the crank arm will propel the bicycle, this is known as the 'roll out'.

The gear restrictions apply to each of the following member categories:

- Junior Under 19 = 7.93 metres
- Junior Under 17 = 6.50 metres
- Junior Under 15 = 6.00 metres
- Junior Under 13 = 5.50 metres
- Junior Under 11 = 5.50 metres

To view the gear chart [click here](#) and you will be given a range of chain wheels and cogs relevant to your wheel diameter.

Recommended distances for training and racing for juniors

<http://www.wa.cycling.org.au/site/cycling/wa/downloads/documents/Recommendedtraininganddracingvolumesdistances.pdf>