

Know and Use Hand Signals

Traveling in a group requires communication. Make sure you and everyone in your group understands basic hand signals.



Left Turn

Left arm extended straight out from shoulder and pointing in the direction of the turn.



Right Turn

Left arm raised at shoulder height, elbow bent and forearm vertical with palm of hand flat.



Stop

Left or Right arm raised from the shoulder and extended straight up over the head with palm of hand flat.



Slowing

Left arm extended out and down from the side of the body with a downward flapping motion of hand to signal warning or caution.



On Coming Sleds

Left arm raised at shoulder height, elbow bent and forearm vertical, wrist bent, move arm from left to right over head, pointing to right side of trail.



Sleds Following

Arm raised, elbow bent with thumb pointing backward, in "hitch-hiking" motion, move arm forward to backward over your shoulder.



Last Sled in Line

Raise forearm from handlebar and show clenched fist at shoulder height.