

SAFECC

Welcome to **Week 6 of SAFECC!!!**

This week's theme from SAFECC and the ECC is "Touching Elbows". This is a place you could find yourself in simply riding with a friend so let's educate ourselves on this topic before this may happen.

Touching elbows in a road bike group ride is common in tight formations. Here's how to handle it safely:

- **Stay Relaxed:** Keep your arms and shoulders loose. Tension can make you more likely to swerve or lose balance.
- **Bend Your Elbows:** This helps absorb contact without affecting your steering. If you are getting close to the fellow rider, it is best to bend your elbow outwards to touch arms with another rider with the goal of protecting your handlebars from touching another's
- **Lean Into the Contact:** Just like touching tires with another rider, it is CRUCIAL to lean into the contact instead of pulling away, gently press into the other rider and pull away once you have regained your "balance".

This keeps your center of gravity stable and prevents sudden movements. This can and should be practiced at slow speeds with fellow riders before or after group rides. This should be started on the grass at a local park.

Pro Tip - Once you have mastered the elbow touch / shoulder lean with a fellow rider, now try and touch and lean in to your riding partner's helmet. Let SAFECC know how it goes 😊

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- **Practice in a Safe Environment:** Try riding side-by-side with a friend in a grassy field, starting with light elbow touches and progressing to shoulder bumps.
- **Avoid Using Elbows Defensively:** Some riders instinctively flare their elbows to create space, but this can push your front wheel off balance. Do not stick your elbow out with the intent of building a strong wall against the impact. Remember to keep a loose elbow to absorb the impact.

For those who have any questions, suggestions or comments, please send us an email at safecc@etobicokecyclingclub.com and if a response is appropriate, we will get back to you as soon as we can.

Next week: Crash protocol

Ride Safe and Ride Longer