

USING 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



Slowing

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



Stop

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



Last Sled in Line

Release handlebar with left hand, palm of hand flat, slash forearm outward at a 45° downward angle toward the ground repeatedly.



Sleds Following

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



Oncoming Sleds

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