








KNOW & USE HAND SIGNALS

PURPOSE OF COMMUNICATION		SUBJECT EXPERTISE
Right Turn		Left arm raised at shoulder height, elbow bent, and forearm vertical with palm of hand flat.
Left Turn		Left arm extended straight out from shoulder and pointing in the direction of the turn.
Stop		Arm raised from the shoulder and extended 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.
Oncoming 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		Left arm raised at shoulder height, elbow bent and forearm vertical with hand clenched in a fist.

