

Basic Bicycle Patrol Course
2330 – 23820
Expanded Course Outline

- I. Course Overview
 - A. Instructor/Student Introductions
 - 1. Experience
 - 2. Background
 - 3. Education
 - B. Equipment needed for course:
 - 1. Mountain bicycle (issued police bike preferred)
 - 2. Ansi/Snell bicycle helmet
 - 3. Eye protection (glasses)
 - 4. Bicycle gloves
 - 5. Bicycle shorts with padded lining
 - 6. Department issued bullet proof vest
 - 7. Nylon gear
 - 8. Department issued weapon & 100 rounds of ammo
 - 9. Spare tube, repair kit, tire pump, set or allen wrenches & spoke wrench
- II. Bicycle Maintenance
 - A. Bike Tools and Equipment
 - 1. Video “Surviving the Trail”
 - B. Tire Change & Tire Repair
 - 1. Each student will change a tire & take apart & put together a bike chain.
 - C. ABC’s
 - 1. AIR – Tire pressure & tread wear
 - 2. BRAKES – Good working condition
 - 3. CRANKS/CHAIN – Cranks not loose/chain oiled w/no debris
- III. Nutrition
 - A. Dehydration Prevention
 - 1. A bicyclist should have a daily intake of at least 64 oz. of water (Eight 8oz. glasses)
 - 2. Two to three hours prior to starting your shift, drink at least a quart of water.
 - B. Proper nutrition defined
 - 1. Intake that nourishes the body providing for growth, repair and maintenance
 - 2. Food is the body’s fuel
 - 3. Eat a healthy breakfast, several small meals during the day and a light dinner
 - 4. Eat a variety of foods
 - 5. Focus on complex carbohydrates
 - 6. Avoid fats (1 gram of fat is equal to 10 calories)
 - C. BMR – Basic Metabolic Rate

1. Minimum energy needed for maintenance of life
 2. Never consume less than 1200 calories per day
 - a. Less than 1200 calories and your body will begin to consume muscle instead of stored fat
- D. Six essential nutrients by percentage of need
1. Carbohydrates – 55% to 65%
 - a. Best source of energy
 - b. Used most efficiently by the body
 - c. Two types:
 - 1) Simple: sugar should be avoided as much as possible
 - 2) Complex: potato's, pasta, etc. – what you want to eat
 2. Protein – 15% to 30%
 - a. Amino acids are important for growth and repair
 - 1) Complete protein contains all eight essential amino acids
 - 2) Fat – 15% to 20%
 - i. Some fat is needed for optimal health
 - a) Saturated – animal
 - b) Unsaturated – plant
 - 3) Water
 - 4) Vitamins – trace
 - i. Excess can cause a toxic effect
 - ii. The body will use what it needs and expel the rest
 - 5) Minerals – trace
 - i. Necessary for digestion, growth and health
- IV. Bike Inspection & Stretch
- A. Each bike will be checked by the instructor for safety (mechanical or equipment problems)
 1. ABCQs – Tire Air Pressure, Brakes, Chain, Quick releases
 - B. All students will stretch out before the ride to loosen up
 1. Neck – head rolls
 2. Shoulders – do arm circles & reach as high as you can toward the sky
 3. Lower back/waist – do hip circles & side bends
 4. Quadriceps – do hurdle stretch, lying on your back or standing
 5. Hamstring – do toe touches
 6. Groin stretch
 7. Calves – lean against a wall
- V. Skills Course (Cone Patterns)
- A. S-Turn Around
 1. Each student will complete the exercise, using proper braking and pedaling techniques, without putting a foot down or running over cones

B. Key-Hole

1. Each student will complete the exercise, using proper braking and pedaling techniques, without putting a foot down or running over cones

C. U-Turn

1. Each student will complete the exercise, using proper braking and pedaling techniques, without putting a foot down or running over cones

D. Figure 8

1. Each student will complete the exercise, using proper braking and pedaling techniques, without putting a foot down or running over cones

E. Serpentine – Step Descent

1. Each student must ride in and out of 7 cones set up approximately 5 to 6 feet apart without putting a foot down, then using proper seating and braking techniques descend 6 steps

F. Split Turn-Around

1. Each student will complete the exercise, using proper braking and pedaling techniques, without putting a foot down or running over cones. There will be one small cone placed in the center of the exercise. When turning, the cone must pass between the front and rear wheels

VI. Endurance Test Ride

A. Formation/team riding (15 to 25 miles)

1. Basic Hand Signals – ALL SIGNALS MADE BY OFFICER'S WITH THE LEFT HAND
2. Columns of Two
 - a. Normal formation to move a large group of officers from one point to another
3. Singles
 - a. Called by lead officer
 - b. Hold one finger up (left hand)
 - c. Left officer in front of the right officer
4. Doubles
 - a. Called out by lead officer
 - b. Hold two fingers up
 - c. Left officer in front of the right officer
5. Lane Change
 - a. IF going to the left lane, only left column points to that lane
 - b. If going to the right lane, only right column point to that lane
 - c. Always double check to ensure no car has shot thru and taken the space you need for the formation
6. Leader Change
 - a. Lead team "Breaking the Wind"

- b. Fist raised, doing pumping motion two times by the lead team indicates leader change
- c. Lead team – Left officer veers to left, right officer veers to right, formation rides through lead team
- d. Lead team takes on traffic control at intersection or takes position to rear

LEARNING EXERCISE

This ride will include a variety of speeds. Average speed should be approximately 15 to 17 mph. Normal patrol speeds vary from 8 to 10 mph as to view problems on their beat. During this ride, students will experience dirt, grass and hills to determine their endurance and skill levels

- VII. Clean and Secure Bikes
 - A. Each student will clean their bike, checking it for any mechanical problems
 - 1. At this time the instructor will go over all parts of the bike, identifying each part of its function
- VIII. Bike Inspection and Stretch
 - A. Each bike will be checked by the instructor for safety, (mechanical or equipment problems)
 - 1. ABCQs – Tire Air Pressure, Brakes, Chain, Quick releases
 - B. All students will stretch out before the ride to loosen up
 - 1. Neck, shoulders, lower back/waist, quadriceps, hamstring, groin stretch, calves
- IX. Distance Ride 15 to 25 miles on and off-road in the community
 - A. Ascend & Descend steps at Cal State
 - 1. Practice on curb first
 - 2. Use low gears – approach with 3/9 pedal position on ascent
 - 3. Place student's weight to the rear
 - 4. Pull handlebars up and pedal through
 - 5. Not recommended to attempt climbing more than 3 to 5 steps
 - 6. On descents put weight to the rear of bike, push bike forward and feather the front and rear brakes (Do not lock up your brakes)
 - B. Urban Patrolling – Schools – Apartments – Businesses
 - 1. Community Oriented Policing (COP) – Problem Oriented Policing (POP) techniques will be covered on this ride
 - 2. Patrol techniques will be covered on this ride – paying close attention to school, apartment and business complex problems
 - 3. Actual contact with school personnel, apartment managers and business owners will be done on this ride
 - 4. Accident avoidance will be practiced on this ride regarding pedestrians, parked vehicles, road hazards and weather problems
- X. Bicycle Maintenance/Nomenclature

- A. Each student will clean & check their bike for the next day's ride
 - 1. ABCQ's
 - B. Instructor will check student's bike
- XI. Bike Inspection and Stretch
- A. Skills Course: (Cone Patterns)
 - 1. Balance and Coordination Skills:
 - a. Regular traffic cones – student must ride in and around 10 traffic cones set up approximately 3 to 4 feet apart in a straight line, without putting a foot down.
 - b. Delineators – each student must ride in and around delineators 3 to 4 times. Delineators should be spaced 3 to 4 feet apart assimilating pedestrian traffic
 - c. 8' X 10' Box – each student must ride into this box, make a complete circle three times and exit without putting a foot down, and exit the same way entered.
 - d. 10' X 10' Box – each student must ride into this box, make a figure eight three times without putting a foot down and exit the same way entered.
 - e. Balancing in stopped position – student must be able to remain in a stopped position for 5 seconds without putting a foot down.
 - 2. Emergency Braking:
 - a. Front Brake Only – begin at a very low speed (1-2 mph), as confidence develops, increase speed. At the instructors command the student will:
 - i. Push bike forward
 - ii. Sitting on the rear bag
 - iii. Placing your stomach on the seat
 - iv. Having feet at the 3/9 position
 - v. Apply front brake, coming to a complete stop
 - b. Rear Brake Only – begin at a very slow speed (1-2 mph), as confidence develops, increase speed. At the instructors command the student will:
 - i. Push bike forward
 - ii. Sitting on the rear bag
 - iii. Placing your stomach on the seat
 - iv. Haivng feet at the 3/9 position
 - v. Apply front brake, coming to a complete stop
 - c. Front and Rear Brakes – Begin at a very slow speed (1-2 mph), as confidence develops, increase speed. At the instructors command the student will:
 - i. Push bike forward

- ii. Sitting on the rear bag
 - iii. Placing your stomach on the seat
 - iv. Having feet at the 3/9 position
 - v. Apply both the front and rear brakes, coming to a complete stop
 - d. NOTE: OUT OF ALL THREE EMERGENCY BRAKING TECHNIQUES, WHICH ONE IS THE MOST EFFICIENT? “THE FRONT AND REAR”
- 3. Power/precision sliding;
 - a. Rear Brake Only:
 - i. Begin at a slow speed (as confidence grows, increase speed)
 - ii. Extend left leg to the ground
 - iii. Apply rear brake
 - iv. Lay bike down to almost parallel to the ground
 - v. Rotate your body in direction of slide
 - vi. Complete slide by stopping and standing up with the bike
- 4. Mounting/Dismounting:
 - a. Mounting:
 - i. Student places left foot on pedal in 12/6 position, step on left peddle (6 position) & mount seat
 - ii. If seated on bike, use strong foot in 9/3 position and push off.
 - b. Dismounting/Kickstand
 - i. Begin at a slow speed (as confidence grows, increase speed)
 - ii. Place feet at 12/6 position with left foot at the 6 position
 - iii. With the right leg crossover to the left side
 - iv. Point your right foot outward
 - v. Swing the right foot downward, connect with the kickstand & push it into position
 - vi. Slow the bike to a complete stop
 - vii. Rest the bike on the kickstand and step off
 - c. Cross Through Dismount
 - i. Begin with left foot on pedal in 6 position
 - ii. Bring right foot over the frame, through and between the left foot and frame
 - iii. Step through with right foot onto the ground so as to be in a running position for dismounting, if necessary

- XII. Night Ride
 - A. Night riding consideration
 - 1. Nighttime has been shown to be the most hazardous time for cycling
 - 2. Various techniques for increasing their ability to be detected and recognized as a cyclist
 - 3. Conspicuity
 - 4. Differences between active and passive lighting
 - 5. Suggested minimum headlight strength necessary for a public safety cyclist
 - 6. Techniques for creating a “signature image” to increase recognition
- XIII. Skills Evaluation
 - A. Bicycle Maintenance
 - 1. Each student will clean & check their bike for that day’s ride
 - 2. Instructor will check student’s bike
 - B. Bike inspection and stretch
 - 1. Each student will re-inspect bike after transporting to off facility location
 - C. City Ride
 - 1. Each student will use proper riding techniques and hand signals taught
 - D. Off Road Ride
 - 1. Application of all skills learned
 - E. Skills Demonstration
 - 1. Instructors will evaluate each student for performance of skills learned during the class.
- XIV. Critiques/Certificates/Evaluations
 - A. Critiques
 - 1. Instructors will critique students on skills demonstration
 - B. Certificates and Course Evaluations

LEARNING ACTIVITY

This activity will highlight the demands and challenges a bicycle patrol officer faces during a shooting incident. The activity will address dealing with an increased heart rate from the physical activity of riding and the physiological effects of stress. Students will be exposed to dismounting the bike and applying the fundamental skills of pistol marksmanship under those conditions.

Safety Guidelines:

This exercise requires two qualified firearms instructors to act as safety officers. Each will accompany one student throughout the exercise. Only two students at a time will perform the exercise. All students will receive a firearms safety briefing before the start of the exercise, to include; the four core range safety rules, the designated loading and unloading area, not drawing their weapon until they are on

the firing line, keeping the weapon in the low ready position and pointed downrange when not engaged with a target and to follow the safety officers commands at all times. Students will utilize the tactical duty belt and shooting equipment required by their department. Hearing and eye protection is mandatory for all participants and safety personnel.

Course of Fire Description:

Students will be instructed to load, make ready and holster their weapons in the designated loading area. Students will stage at the designated location with a safety officer. When told by the safety officer, one student will ride from the designated area to a range where another safety officer will direct them to a firearms instructor. The course of fire will commence upon the firearms instructor's command.

Student will ride to the 15 yard line, straddle bicycle from a standing position. From that position, student will draw and fire three (3) rounds from the right hand and three (3) rounds from the left hand and re-holster. Student will then ride to the 10 yard line, straddle bicycle from a standing position. From that position, student will draw and fire three (3) rounds from the right hand and three (3) rounds from the left hand and re-holster.

Student will ride to the 7 yard line and dismount the bicycle. Student will draw and fire six (6) rounds from the right hand and six (6) rounds from the left hand and re-holster.

Student will run to the 5 yard line. Student will draw and fire six (6) rounds from the right hand and six (6) rounds from the left hand and re-holster.

Student will then fire remaining rounds into the target from the 5 yard line under the instructor's direction.