

# **Pasadena Police Department**

## **Basic Bicycle Patrol School**

### **24 Hours**

- I. Registration and Orientation
  - A. Welcome
    - 1. Introductions
    - 2. Completion of necessary paperwork including post forms and release of liability forms
  - B. Course Overview
    - 1. Explanation of Class Objectives which will include becoming proficient in police bicycle patrol in a safe manner
    - 2. Explanation of Class Format/Orientation
  
- II. Equipment Orientation
  - A. Nomenclature
    - 1. Identify parts of bicycle
    - 2. Importance of knowing nomenclature
  - B. Proper Fitting
    - 1. Safety Aspects
  - C. Safety Equipment
    - 1. Helmet
    - 2. Gloves
    - 3. Eye protection for both night and day riding
    - 4. Proper shoes/plantar fasciitis
  
- III. Nutrition
  - A. Basic nutrition
    - 1. Importance of eating right, refueling frequently, and drinking when not thirsty. Effects of lack of nutrition
  - B. Fluids
    - 1. Hydration and Dehydration concerns and effects.

- IV. Riding on the Street
  - A. Obey all traffic laws
    - 1. Use of the bicycle as a vehicle and applying it to the rules of the road
    - 2. Set an example and being considerate to other vehicles/bicycles on roadway
  - B. Effective Cycling
    - 1. Video to be shown of Las Vegas PD bicycle unit and the advantages the unit has brought to enforcement on the strip.
  - C. Identify Hazards
    - 1. Visual Hazards
    - 2. Surface Hazards (changes in surface i.e. dirt asphalt, concrete, weather)
    - 3. Moving Hazards (vehicles, railroad crossing, pedestrians)
  - D. Riding Formations
    - 1. Single File ( When and why to ride in these formations)
    - 2. Double / Pairs (When and why to ride in these formations)
  - E. Tumbling in case of fall
    - 1. Tumbling exercise (examples of falls will be shown through a video presentation) Students will be taught how to fall.
  
- V. Bicycle Inspection
  - A. ABC Quick Check Acronym
    - 1. Air (Importance of proper air pressure in bicycle tires)
    - 2. Brake (To ensure brakes are properly working)
    - 3. Cranks (Importance of checking for broken chains, cranks, and foreign objects caught in chains/cranks)
    - 4. Tube repair (Students will learn to change a flat tube and tire)
  
- VI. Riding Techniques
  - A. Slow riding
    - 1. Serpentine: Students will ride in and out of an 8 cone pattern.
    - 2. Key pattern: Students will ride into the pattern in slowly circle around a cone in the middle of the pattern.
    - 3. Figure 8: Students will ride into a rectangular pattern and slowly maneuver in a figure 8 pattern.
    - 4. U-turn: Students will slowly maneuver a u-turn through a tight cone pattern
    - 5. Uphill Ride (Rose Bowl Loops and Lida Hill Ride)
  - B. Object Jumping (**DAY 2**)
    - 1. Curbs (Student will be taught the proper way to maneuver up and down curbs in a safe manner)
  - C. Varying Terrains

- D. Power Slide (from both the left and right sides)
  - E. Panic Braking (using both brakes to stop in a quick and safe manner)
  - F. Ascending and Descending Stairs both while on and off the bicycle
  - G. Collision Avoidance
  - H. Dismount Skills
    - 1. Step through method
    - 2. Power slide dismount
- VII. Suspect Contacts
- A. Officer Safety
    - 1. Using the Bicycle as a defensive tool/distraction
  - B. One / Two Officer Contacts
    - 1. Slide technique
    - 2. Stealth technique
  - C. Pursuits
    - 1. Red light/Siren
    - 2. Clearly marked bicycle
    - 3. Officer verbal presence
    - 4. Offender needs to have knowledge of who you are.
    - 5. Officer Safety
- VIII. City Ride (This ride will cover all the listed terrains and end at night)
- A. Sand
  - B. Dirt
  - C. Gravel
  - D. Concrete
  - E. Grass
- IX. Simunitions Fire Exercises (Using Bicycle Maneuvers at PPD Range) (**DAY 3**)
- A. Firing simunitions weapons while wearing bicycle gloves
  - B. Slide Techniques and shooting simunitions
  - C. Stealth Techniques and shooting simunitions
  - D. Straddling bicycle while shooting simunitions
- X. Tube/Repair and ABC Check
- XI. Scenarios/Officer Safety
- A. Simunitions
    - 1. Positioning of bicycles
    - 2. Positioning of officers
  - B. Suspect contacts with simunitions
- XII. Review of Riding Techniques
- A. Overview

1. Skills testing of the riding techniques covered

XIII. Obstacle Course

A. Varying Terrains

1. Stairs
2. Dirt
3. Cone Pattern

B. Final Skills test (Application)

XIV. Student Testing / Evaluation

A. Written Test of Nomenclature and Bicycle Safety

B. Course Critique