

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