

# **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
- B. Object Jumping
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)

- A. Sand
- B. Dirt
- C. Gravel
- D. Concrete
- E. Grass

IX. Vehicle Stops

- A. Safety
  1. Positioning of bicycles
  2. Positioning of officers

X. Review of Riding Techniques

- A. Overview
  1. Skills testing of the riding techniques covered

XI. Range Training

- A. Loading / Unloading with riding gloves
  1. Exercises
- B. Firing weapons with gloves
  1. Exercises

XII. Live Fire Exercises (Using Bicycle Maneuvers)

- A. Slide Techniques
- B. Stealth Techniques
- C. Straddle

XIII. Scenarios

- A. Simulations Training
- B. Suspect contact with simunitions

XIV. Obstacle Course

- A. Varying Terrains
  1. Stairs
  2. Dirt
  3. Cone Pattern
- B. Final Skills test (Application)

- XV. Student Testing / Evaluation
  - A. Written Test of Nomenclature and Bicycle Safety
  - B. Course Critique