

PASADENA POLICE DEPARTMENT #5680
BASIC BICYCLE PATROL SCHOOL / CCN 23820 / 24 Hours
POST Certification II / Reimbursement Plan IV
EXPANDED COURSE OUTLINE

PURPOSE

To provide students with the skills necessary to properly use a bicycle for patrol including maintenance, riding, and apprehension techniques.

I. Registration and Orientation (Day 1)

- A. Welcome
 - 1. Introductions
 - 2. Completion of necessary paperwork including post forms, emergency contacts and release of liability forms
 - 3. Registration
- 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
 - 3. Power Point presentation with videos

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 (Proper fitting)
 - 2. Eye protection for both night and day riding
 - 3. Proper shoes/plantar fasciitis
 - 4. Proper gloves
 - 5. Lighting equipment
 - 6. Police equipment

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.

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IV. 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)

V. Bicycle Inspections

- A. ABC's
- B. Stretching
- C. Mounting/Dismounting
 1. Power Pedal Position
 2. Practice left/right mount and dismount

VI. Uphill Ride

- A. Two warm up laps around Rose Bowl
 1. Gearing instruction
- B. Lida Hill Ride
- C. Code 3 response (Up Salvia Canyon)

VII. Riding Techniques (Day 2)

- A. Slow Speed riding
 1. Serpentine: Students will ride in and out of an 8 cone pattern.
 2. Keyhole 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 (students will also learn to carry their bicycles)
- G. Collision Avoidance
- H. Dismount Skills
 1. Step through method
 2. Power slide dismount

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VIII. Suspect Contacts

- A. Officer Safety
 - 1. Using the Bicycle as a defensive tool/distraction
 - 2. How to contact subjects in teams
- B. One / Two Officer Contacts
 - 1. Slide technique
 - 2. Stealth technique
- C. Pursuits
 - 1. Red light/Siren
 - 2. Clearly "Police" marked bicycle
 - 3. Officer verbal presence
 - 4. Offender needs to have knowledge of who you are.
 - 5. Officer Safety

IX. 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 NYPD Central Park bicycle unit and the advantages the unit has brought to law enforcement.
- 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. Column of two (When and why to ride in these formations)
 - 3. Suspect contacts
- 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.
- F. Curb Hopping
 - 1. Approaching from front
 - 2. Side Approach

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- X. **City Ride (This ride will cover all the listed terrains and end at night)**
- A. The city ride will be approximately 15-20 miles long and will travel through the Rose Bowl, business district (Old Town Pasadena), Pasadena High School and residential areas. Various terrains include:
 - 1. Sand, Dirt, Gravel, Concrete, Grass
 - a. Students will utilize their front and rear lights, when applicable. (night riding)
- XI. **Range Day Exercises (Using Bicycle Maneuvers at PPD Range) (DAY 3)**
- A. Overview of course
 - B. Students will perform a series of stretches and warm-ups
 - 1. Stretching and warm-ups will prevent any risk of injuries and to prepare for the obstacle course/skills test.
 - a. Students will utilize their knowledge of bicycle nomenclature, bicycle techniques and slow speed skills
- XII. **Slow Speed Skills Practice**
- A. Students will continue to practice the following slow speed maneuvers for the final obstacle course/skills test:
 - 1. Serpentine:
 - a. Students will ride in and out of the serpentine cone pattern.
 - 2. Keyhole pattern:
 - a. Students will ride into the pattern in slowly circle around a cone in the middle of the pattern.
 - 3. Figure 8:
 - a. Students will ride into a rectangular pattern and slowly maneuver in a figure 8 pattern.
 - 4. U-turn:
 - a. Students will slowly maneuver a u-turn through a tight cone patterns.
- XIII. **Live Fire and Simmunitions**
- A. Firearms Training Instructors will provide the course of fire (live fire and simmunitions) while Bicycle Patrol Instructors oversee the various types of training.
 - 1. Students will be in police uniform and equipped with duty gear and their bicycles. Training includes:
 - a. Stealth Techniques and shooting
 - b. Straddling bicycle while shooting
 - c. Stepping to the side of bicycle and shooting

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- d. Shooting after strenuous ride
- e. Scenarios with simmunitions

XIV. Obstacle Course / Skills Test

- A. Students will ride their bicycles for a short distance. While riding their bicycles, students will be tasked with completing the following cone patterns as a part of their slow speed skills test.
- B. Various terrains during the obstacle course include:
 - 1. Stairs
 - a. Curb hopping
 - 2. Dirt/gravel
 - 3. Cone Patterns
 - a. Serpentine
 - b. Keyhole
 - c. Figure 8
 - d. U-turn
- C. The completion of the obstacle course/skills test will be the student's practical application of the skills test.

XV. Student Testing / Evaluation

- A. The students will complete the following tests / evaluations:
 - 1. Written test, which will be a general overview of the bicycle patrol course.
 - 2. Basic Bicycle Patrol School (Course Critique)
- B. Students will receive their POST Certificates after completion of the 24-Hour Basic Bicycle Patrol Course.