

Elk Grove Police Department
Bicycle Patrol Officer
40 Hours

Statement of Purpose

Bicycle patrols assist officers with response to incidents and patrols within a crowded venue. The purpose of this course is train police personnel to safely and effectively carry out their duties while assigned to a bicycle patrol detail. Students will learn proper riding techniques and how to apply them in a law enforcement role.

I. Introduction and Registration

1. Registration
 - A. Department Paperwork
 - B. Roster
 - C. Liability Waiver (If necessary)

2. Safety Concerns
 - A. Equipment
 - B. First Aid
 - C. Location of nearest hospital
 - D. Communications devices in class

3. Introduction
 - A. Instructors
 - B. Students
 - C. Course overview
 - D. Facility
 - E. Safety Guidelines

II. Bicycle Nomenclature

1. Fit
 - A. Proper Fit
2. Parts of the Wheel
3. Parts of a Bicycle

III. Uniform / Safety Equipment

1. Helmet
 - A. Proper Fit
2. Gloves
3. Eye Protection
4. Ballistic vest
5. Police issued Bike uniform
 - A. Black Tennis shoes
 - B. Black Socks
 - C. Black Lycra padded bicycle-riding shorts
6. Water Bottles

IV. On-Bike Equipment

1. Siren
2. Lights
3. Bag
4. Pump
5. Tools
6. Tires / Extra Tubes

V. Bicycle Maintenance

1. Inspect Frame
2. Suspension
3. Tire Inspection and Inflation
4. Spoke Inspection
5. Cable Damage and Tightness

6. Batteries
7. Chain Care
8. ABC Quick Check

VI. Tools Needed

1. Universal Tools:
 - A. Combination Wrench
 - B. Box Wrenches
 - C. Crescent Wrenches
 - D. Open-ended Wrenches
 - E. Pliers
 - F. Screwdrivers
 - G. Pump
 - H. Allen Wrenches
2. Specific Bike Tools
 - A. Pressure Gauge
 - B. Tire Levers
 - C. Tire Repair Kit

VII. Basic Nutrition and Physical Fitness

1. Eating Healthy
2. Staying Hydrated
3. Carbohydrates
4. Foods to eat
 - A. Snacks
 - B. Meals
5. Stretching
 - A. Why Stretch
 - B. Dos' and Don'ts to stretching

6. Easy stretch
7. The Developmental Stretch
8. Rest
9. Supplemental Conditioning

VIII. History of Public Safety Cycling

1. Earliest Bicycle on Patrol
2. Benefits of Bicycle Patrol
3. Changes in Patrol

IX. Fundamental concepts of bicycle patrol

1. Importance of communication
2. Officer Safety Technique
 - A. Contact / Cover
 - a. Scenarios
 - B. Subject Stops
 - a. Foot pursuit scenario
 - C. Stealth Operations
 - D. Vehicle Stops
 - a. Scenario
 - E. Importance of managing energy on emergency calls
 - F. Night Patrol
 - G. Hazard and Crashes
 - H. Firearms
 - I. Fundamental Cycling Skills and Vehicular Carrying

X. Skills Learning and Demonstration

1. Braking Techniques
 - A. Proficiency assessment
 - i. To ensure that the proper pressure is used on the bike to make the bike stop in a safe manner
2. Crossover Dismounts
 - A. Proficiency assessment
 - i. Show ability to get off Mountain Bike in a safe manner

3. Curb Ascents and Descents
 - A. Proficiency assessment
 - i. Show the ability to go up and down the curbs

4. Falling Techniques
 - A. Proficiency assessment
 - Show ability on how to safely get off bike if they start to fall

5. Hook Slide
 - A. Proficiency assessment
 - i. Show ability safely hook slide

6. Quick Turn
 - A. Proficiency assessment
 - i. Show ability to safely turn

7. Rear Scan
 - A. Proficiency assessment
 - i. Show ability to scan the while riding

8. Rock Dodge
 - A. Proficiency assessment
 - i. Show ability to dodge items in the street while riding

9. Shifting and Gear Use
 - A. Proficiency assessment
 - i. Show ability to properly shift gears while ridding

10. Road Ride
 - A. Long Ride
 - B. Proficiency assessment
 - i. Show ability to ride in a group and the importance of working together calling out obstacles

11. Tire Change
 - A. Proficiency assessment
 - i. Show how to change a tire

12. Slow Speed and Balance
 - A. Cone Patterns

B. Proficiency assessment

- i. Show ability to ride the mountain bike in a slow safe manner

13. Sprinting

A. Proficiency assessment

- i. Show ability to get up to a faster speed using proper gear shifting

14. Stair Ascents

A. Proficiency assessment

- i. Show ability to go up stairs

15. Stair Descents

A. Proficiency assessment

- i. Show ability to go downstairs

16. Transitioning

A. Proficiency assessment

- i. Show ability to transition from bike to running

17. Formation Riding

A. Proficiency assessment

- i. Show ability to ride in a group and lead a formation

XI. Night Ride

1. Proper use of lighting equipment
2. Safety in low light
 - A. Reflective material and items
 - B. Proficiency assessment
 - i. Show ability to ride at night

XII. Range Training

1. Proper Dismount for Shooting
2. Proper Shooting Stances
 - a. On Bicycle
 - b. Off Bicycle
 - c. Cover
3. Proficiency assessment

- a. Show ability to safely get of bike and transition into shooting platform

XIII. Crowd Control

1. Riot Formations
2. Proper use of bicycle as protection
3. Proficiency assessment
 - a. Show how to use Mountain Bikes to assist with crowd control