

## **Bicycle Patrol 40 Hour**

### **BICYCLE PATROL (40 HOURS)**

## **EXPANDED COURSE OUTLINE**

### I. DAY ONE

#### A. HISTORY OF BICYCLE PATROL

1. Bike Patrol started July 10, 1987 in Seattle, Washington.
2. All-terrain bike (ATB) or Mountain Bike
3. Highly mobile and cost-effective means of policing
4. Combines speed, silence, invisibility and unpredictability to make this patrolling technique a virtual nightmare for criminals.
5. Community-oriented policing
6. West Hollywood Sheriff is first policing agency to implement Bike Patrol (July 1989) in all of California.

#### B. NOMENCLATURE

1. The instructor will display a bicycle and describe the parts and how they work.
  - a. Handlebars
  
1. center triangle
  - a. Bar ends
  - b. Brake handles
  
1. chain
  - a. Gear shifters
  
1. chain rings
  - a. Headset
  - b. Front fork
  
1. crank pedals
  - a. Front wheel
  
1. chain stay
  - a. Front tire
  
1. rear derailleur
  - a. Front quick release

1. rear derailleur
  - a. Top tube
1. rear wheel
  - a. Down tube
1. rear tire
  - a. Seat tube
  - b. Seat post
1. kickstand
  - a. Seat – horn of seat
  - b. Front derailleur

A. NUTRITIONAL INFORMATION FOR THE BICYCLIST

1. When exercising, your body consumes blood sugar (glucose) that your muscles use for fuel.
2. Need carbohydrates for energy
  - a. Simple and complex

3. Other main components

- a. Fats
- b. Protein

4. Vitamins

- a. Iron

5. Hydration

- a. Water vs sport drinks

6. Be aware of your food intake and fuel your body as needed

A. PUBLIC RELATIONS

1. Community-based policing
  - a. Policing by all-terrain bicycle has proven to be effective, exciting and readily accepted by all communities
  - b. Changes public perception, considers bike officer approachable and friendly.
1. Tool for apprehension of criminals
2. Promotes safe and proper riding skills
3. Places officer close to the public; able to see, hear and respond quickly to needs of public

A. CALIFORNIA TRAFFIC LAWS

1. Bicycles are subjected to Vehicle Code
  - a. Section 21200 CVC
  - b. Section 21202(A) CVC
  - c. Section 21650.1 CVC

- d. Section 21208(A) CVC
- e. Section 21201(D) CVC
- f. Sections 21806 and 670 CVC

A. DISCUSSION OF NECESSARY EQUIPMENT

- 1. ATB bicycle
- 2. Bicycle helmet
- 3. Whistle
  - a. With breakaway strap
- 4. Protective eye wear
- 5. Gloves
- 6. Sam Browne
- 7. Uniform

B. BASIC SKILLS RIDE

- 1. Basic techniques and skills
  - a. Correct positions while riding and turning
  - b. Proper gear selection
  - c. Mounting, dismounting
  - d. Slow riding
  - e. Emergency braking and turning
  - f. Pair riding and single lane riding
- 2. The riding course will cover approximately 8 miles

II. DAY TWO

- A. Discuss "at rest heart rate"
- B. Stretch and warm up muscles
- C. Discuss the ability to look into vehicles, businesses' windows, open doors and make observations of criminal activity
- D. Conditioning ride – 7 mile course
  - 1. Business district

- 1. Parking lots
- 2. Motel walkways
  - A. Riding techniques
    - 1. Slow riding control of the bicycle
    - 2. Object jumping (curbs and obstacles)
    - 3. Stair climbing and descending
    - 4. Dismounting at slow and high speeds
    - 5. Sliding dismounting techniques

6. Bicycle pursuits
7. Arrest techniques
8. Emergency turning
9. Avoiding obstacles
10. Angle curb climbing

### III. DAY THREE

- A. Warm up – stretching
- B. Practical exercises
  1. Citizen contacts in the field
  2. Suspicious persons interview techniques, proper positioning and officer safety tactics.
1. How to use bike to your advantage for search techniques.
  - A. Skills test
    1. All students will be required to perform all of the tactics taught during the course.
  - A. Timed obstacle cours
  - B. Bicycle maintenance
    1. Hands-on bicycle maintenance
      1. Go over preventive maintenance and identification of problems
      2. Actual tire, chain and derailleur instruction
2. Tire change to off-road tires

### IV. DAY FOUR (WAYSIDE)

- A. Off-road riding
  1. Hill climbing and descending
  2. Soft dirt riding
  
  3. Straight line stopping
  4. Sliding and falling techniques
- B. Firing range instruction
  1. Instruction on tactics and techniques for bicycle mounted patrol
  2. Modified practical police combat course training
    - a. Controlled shooting exercise while straddling a bicycle
  3. Modified handgun, shotgun course
  4. Use of the “red man” (Dynamic Confrontational Simulation Training) with baton training
  5. Handcuffing exercise
  6. Shoot/Don't Shoot training

### V. DAY FIVE

A. Night ride, in-service training

1. Effective cycling instruction as it applies to night riding
  2. Proper night riding awareness and tactics
  3. Proper use of lighting equipment
  4. Use of bicycles for surveillance and night observations
  5. Station overview (usually West Hollywood Sheriff's Station)
  6. Actual field deployment
    - a. Groups of 4 – 5 with one instructor leading each group
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