

Bicycle Patrol 8 Hour

BICYCLE PATROL (8 HOURS)

EXPANDED COURSE OUTLINE

I. HISTORY OF BICYCLE PATROL

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

I. PUBLIC RELATIONS

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

II. NUTRITIONAL INFORMATION FOR THE BICYCLIST

- A. When exercising, your body consumes blood sugar (glucose) that your muscles use for fuel.
- B. Need carbohydrates for energy
 - 1. Simple and complex
- C. Other main components
 - 1. Fats
 - 1. Protein
- D. Vitamins
 - 1. Iron
- E. Hydration
 - 1. Water vs sport drinks
- F. Be aware of your food intake and fuel your body as needed

III. DISCUSSION OF NECESSARY EQUIPMENT

- A. ATB bicycle
- B. Bicycle helmet
- C. Whistle

1. With breakaway strap

- A. Protective eye wear
- B. Gloves
- C. Sam Browne
- D. Uniform

II. BIKE INSPECTION AND ADJUSTMENTS

A. The instructor will display a bicycle and describe the parts and how they work.

- 1. Handlebars
 - a. center triangle
- 2. Bar ends
- 3. Brake handles
 - a. chain
- 4. Gear shifters
 - a. chain rings
- 5. Headset
- 6. Front fork
 - a. crank pedals
- 7. Front wheel
 - a. chain stay
- 8. Front tire
 - a. rear derailleur
- 9. Front quick release
 - a. rear derailleur
- 10. Top tube
 - a. rear wheel
- 11. Down tube
 - a. rear tire

12. Seat tube
13. Seat post
 - a. kickstand
14. Seat – horn of seat
15. Front derailleur

I. CALIFORNIA TRAFFIC LAWS

A. Bicycles are subjected to Vehicle Code

1. Section 21200 CVC
2. Section 21202(A) CVC
3. Section 21650.1 CVC
4. Section 21208(A) CVC
5. Section 21201(D) CVC
6. Sections 21806 and 670 CVC

I. BASIC SKILLS RIDE

A. Basic techniques and skills

1. Correct positions while riding and turning
2. Proper gear selection
3. Mounting, dismounting
4. Slow riding
5. Emergency braking and turning
6. Pair riding and single lane riding
 - A. The riding course will cover approximately 8 miles

II. GROUP RIDE

- A. Business district
- B. Parking lots
- C. Motel walkways

III. RIDING TECHNIQUES

- A. Slow riding control of the bicycle
- B. Object jumping (curbs and obstacles)
- C. Stair climbing and descending
- D. Dismounting at slow and high speeds

- E. Sliding dismounting techniques
- F. Bicycle pursuits
- G. Arrest techniques
- H. Emergency turning
- A. Avoiding obstacles
- J. Angle curb climbing

IV. SKILLS TEST

- A. All students will be required to perform all of the tactics taught during the course

V. TIMED OBSTACLE COURSE

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VI. BICYCLE MAINTENANCE

- A. Hands-on bicycle maintenance
 - B. Go over preventive maintenance and identification of problems
 - C. Actual tire, chain and derailleur instruction
 - D. Tire change to off-road tires
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