

FONTANA POLICE DEPARTMENT
BASIC BICYCLE PATROL COURSE
OUTLINE

I. Day One

a. Introduction / Course Overview & Objective

i. Introduce myself

1. Experience and expertise

ii. Course Overview & Objective

1. Basic skills to be a bike officer

a. knowledge and skills

iii. Benefits of Bicycle Patrol

1. Add an additional method to patrolling

2. Advantages to using bicycle patrol

a. Bicycles are cheaper to maintain than vehicles

b. More versatile than both vehicles and on foot

c. Visibility in the community to decrease crime

d. Act as spokesmen for the department

e. Positive influence on youth in the community

b. Nutrition and Stretching

i. Nutrition

1. Water, body uses fluids and needs to be replenished

a. The body is 80% water not proper hydration can lead to:

b. Heat cramps and heat exhaustion

2. Carbohydrates

a. Give fuel to the body

3. Snacks

a. Sport bars

b. dried fruit

4. Meals

a. light meals with carbohydrates, chicken

ii. Stretching

1. Benefits

a. reduce muscle tension

b. Prevents injuries

c. Promotes Circulation

c. History

i. late 19th century

ii. 1960;s and 1970's used in undercover and surveillance only until...

iii. 1987 Seattle cop frustrated with traffic started using mountain bikes

1. higher arrest rates

2. positive public opinion

3. overcoming Seattle's gridlock problem

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- d. Overview of Equipment & Uniforms
 - i. Bicycle
 - ii. Helmet
 - iii. Safety Glasses
 - iv. Gloves
 - v. Uniform
 - 1. Not loss fitting, get caught in chain etc.
 - 2. Visibility
 - 3. Comfort
 - 4. Versatility

- e. Anatomy of Bicycle
 - i. Importance
 - ii. Nomenclature
 - 1. Saddle
 - 2. Seat post
 - 3. Top tube
 - 4. Seat tube
 - 5. Down tube
 - 6. Seat stay
 - 7. rear brakes
 - 8. Rear derailleur
 - 9. Chain stay
 - 10. Bottom Bracket
 - 11. Crank
 - 12. Pedal
 - 13. Stem
 - 14. Shift lever
 - 15. Handlebar
 - 16. Brake lever
 - 17. Headset
 - 18. Front brakes
 - 19. Fork
 - 20. Wheel and tire

- f. Safety Inspection

- g. Mounting
 - i. proper foot position
 - ii. grip / brakes
 - iii. kick off

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- h. Dismounting (controlled)
 - i. Braking
 - ii. Swing foot around rear of bike
 - iii. Step through
 - iv. Kick stand

- i. Subject contact
 - i. Two officers
 - ii. Dismounts
 - iii. Compliant
 - iv. Semi-corporative
 - v. non corporative

- j. Formation riding
 - i. considerations of tires in front
 - 1. Off set slightly
 - 2. Emergency braking
 - 3. Communication
 - a. hand signals
 - b. verbal commands

- j. Maintenance
 - i. Chain lubrication
 - ii. Tire inspection
 - 1. Tire repair
 - a. tubes
 - b. slim
 - c. air pumps
 - d. removal / repair / installation
 - iii. Gears
 - 1. Bent teeth
 - 2. Cables
 - iv. Frame cracks

- k. Emergency repairs
 - i. tire repairs
 - 1. object to stop leaks
 - a. dollar bills etc.
 - b. patches

- l. Tools
 - i. universal tools
 - ii. air pumps
 - iii. tire changing tools

- m. Skill Practice & assessment ride
 - i. Shifting

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- 1. smoothly
- ii. Slow riding
 - 1. Slalom
 - 2. U-turn
- iii. Object jumping
 - 1. Curbs
 - a. low gear
 - b. approach directly
 - c. pull up on handle bars
 - d. pedal through
- iv. Assessment ride
 - 1. 10 mile ride with hills to see if the students are able to physically ride.
- n. Clean bicycles
 - i. remove dirt / grim
 - ii. lubricate

II. Day Two

- a. Bicycle Inspection & Stretching
 - i. assist students
 - ii. answer questions and fix problems from previous day
- b. Braking
 - i. Threshold braking / Emergency Stops
 - 1. Cone pattern
 - a. apply both brakes firmly
 - b. lean back on bag above rear tire to off set weight
- c. Slow riding
 - i. Park riding around obstacles (follow the leader)
 - 1. Demonstrate need for slow riding
 - 2. Crowds
 - 3. Low gears and “pedal though” brakes to keep balance
- d. Power Slides
 - i. Used to dismount the bicycle
 - ii. Change direction
 - iii. Cause a diversion
 - iv. Avoid a collision
 - v. techniques
 - 1. ride about 7 – 10 mph
 - 2. get off seat shift weight over center of top tube
 - 3. Extend the foot in which the turn is to be made (right foot, right turn)

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e. Curbs

- i. different types
- ii. most common object to jump over

f. Stairs

i. Climb / ascent

1. Not recommended to climb more than 3 at one time
2. Too many stairs, might be safer to dismount and carry bike over
3. Used as the last choice
 - a. approaching suspect
 - b. responding to emergency
 - c. technique
 1. high speed
 2. low gear possible
 3. Lean forward at the waist while seated

ii. Dismount / Carry bike

1. Approach stairs while executing a dismount
2. Left hand holds the handlebar, right grabs top tube
3. Lift bike with your legs, not your back & carry on shoulders
4. Climb stairs / mount bicycle

iii. Descending Stairs

1. Use lower gear
2. approach straight on
3. DO NOT STOP
4. Bend your knees slightly
5. Keep pedals parallel to the ground
6. Keep your Buttocks close to the rear of the seat
7. Shift your weight to the rear tire area
8. Use your rear brake only to control your speed
9. Look ahead and not at the stairs
10. DO NOT PEDAL
11. Do not use your front brakes

g. Obstacle Course

- i. Use set cone patterns to have students utilize slow speed maneuvers
 1. "S" turn, snake like pattern to turn left and right
 2. Key hole pattern to enter a circle pattern through small opening and exit though same using control and proper steering
 3. U-Turn pattern to simulate turning in a parking stall without damaging bicycle and vehicles
 4. Figure Eight pattern to use a combination of proper balance and steering to control the bicycle
 5. Slalom, to simulate pedestrians and proper slow speed turns and balance

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6. Split turn around to clear obstacles in roadway using a cone to turn between front wheel and down tube
 7. Brake and Escape, use to simulate having objects appear in front of the student using a cone pattern and having the students use the threshold braking technique and turn after stopping
- h. Range
- i. range safety guidelines
 1. eyes and ear protection
 2. treat all weapons as if they were loaded
 3. Don't "laser" anyone
 - ii. Course, wearing bicycle gloves and bicycle helmet
 1. Seven Yard line: 12 rounds standing, 12 round kneeling
 2. Ten Yard line: Prone 12 rounds
 3. Ten Yard line while straddle bike with bicycle
 - a. facing side ways to target, 12 rounds (6 rounds per hand)
 - b. facing target, 12 rounds (6 rounds per hand)
- i. Scenario
- i. Student ride quarter mile to and from
 1. dismount bike
 2. get behind barricade
 - a. fire six rounds right hand from barricade, one magazine
 - b. fire six rounds left hand from barricade, other magazine
- j. Formation riding
- i. reinforce the need for proper communication and knowledge of surroundings
- l. Night ride
- i. Officer Safety
 1. Watch for vehicle, they can't see as well at night
 2. Know your city streets, harder to see at night
 3. Lighting equipment maintained properly
 4. Using the horn
 - ii. Lighting equipment
 1. Different types
 - a. control of taillamp
 - b. visibility
 2. Can be very bright if riding single file behind other officers
 - iii. Stealth mode
 1. Low visibility
 2. Good for apartments/ Shopping centers/ alleyways
 3. Using an ear piece to keep radio quiet

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- iv. Practical application
 - 1. riding at night practicing skills and night riding

- m. Clean bicycles
 - i. remove dirt / grim
 - ii. lubricate

III. Day Three

- a. Ride to Mt. Rubidoux (Riverside)
 - i. Skill demonstration
 - ii. Goat trial / dirt stairs
- b. Fairmount Park (Riverside)
 - i. Balance beam
- c. Fontana City ride to reinforce all skills learned / review
 - i. Bicycle Nomenclature test
 - ii. Skills test consisting of stairs, curb hopping, threshold braking, slow speed maneuvers and balance
- d. Evaluations / Certificates

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Day One

0800 – 0830	Introduction/ Course Overview & Objective
0830 – 0900	Nutrition & Stretching
0900 – 0930	History
0930 – 1000	Overview of Equipment & Uniforms
1000 – 1030	Anatomy of Bicycle & Safety Inspection
1030 - 1130	Mounting, Dismounting & Formation Riding
1130 – 1230	LUNCH
1230 – 1330	Maintenance / Emergency Repairs/ Tools for Bike Repairs
1330 – 1600	Skills Practice & Assessment Ride
1600 – 1700	Clean Bicycles (Maintenance)

Day Two

0800 – 0830	Bicycle Inspection & Stretching
0830 – 1030	Braking, Slow Riding, Power Slides, Curbs
1030 – 1230	Stairs & Obstacle Course
1230 – 1330	LUNCH
1330 – 1400	Formation Riding
1400 – 1630	Endurance Ride
1630 – 1700	Clean Bicycles (Maintenance)

Day Three

1300 – 1600	Range Scenario's
1600 – 1700	LUNCH
1700 – 2200	Night Ride Patrol Techniques (w/ Fontana Police Department)

Day Four

1200 – 1230	Bicycle Inspection & Stretching
1230 – 1530	City Ride / Review
1530 – 1630	Lunch
1630 – 1800	Written and Demonstration Test

Total Hours: 29