

Modesto Police Department

Bicycle Patrol #5080-

Expanded Outline

I. Introduction

- A. Registration & Introduction
- B. Safety Policy
 - 1. Stop Action Rule
 - 2. Query students about pre-existing injuries or medical problems
- C. Terminology, Maintenance
 - 1. Know your bike
 - 2. Simple repairs
- D. Role Modeling
 - 1. C.O.P.
 - 2. Enforcement
 - 3. Your role as an educator of safety
- E. Equipment Choices
 - 1. Bicycles, MTB vs. Hybrid
 - 2. Uniforms
 - 3. Helmets, Gloves, Eyewear, Footwear
 - 4. Toolkits

II. Getting ready to ride

- A. ABC quick check of bicycle
 - 1. Air
 - 2. Brakes
 - 3. Chain, crank, check
- B. Basic repairs
 - 1. Flat repair
 - 2. Cable adjustments
 - 3. Chain repair
- C. Stretching
 - 1. Why is it important to stretch
 - 2. Pre-ride stretches using the bicycle for support
- D. Fitting of Bicycle
 - 1. Does my bike fit?
 - 2. Seat and post adjustments
 - 3. Handlebar and bar-end adjustments

III. Mounts and Dismounts

- A. Rolling Mounts

1. Right side
 2. Left side
- B. Standard dismount (crossover)
 - C. Rolling dismount (step through)
 - D. Power slides
 - E. Rear dismount

IV. Braking Techniques

- A. How do my brakes work?
- B. Are they adjusted properly?
- C. Standard braking
- D. Emergency braking (panic stops)

V. Slow riding techniques

- A. Use of the brake
- B. Use of your body for balance
- C. Gearing
- D. Getting through a crowd safely
 1. Practical exercises using cone patterns

VI. Group riding

- A. Communication
- B. Using a combination of techniques
- C. Group ride

VII. Subject contacts

- A. Citizen contact (COP)
- B. Suspicious person contact (single officer)
- C. Suspicious person contact (pair)
- D. Contact and arrest
- E. Foot pursuit
 1. When to stay on the bike
 2. Use your bike to wear down the subject
 3. Your bike as an impact weapon?

VIII. Obstacles

- A. Curbs & Stairs
 1. Ascending
 2. Descending
 3. When to carry the bike
 4. Practical exercises

IX. Effective Cycling

- A. Food and nutrition
- B. Rules of the road
- C. Hazard recognition

1. How to minimize risk
2. What to do if involved in accident
 - a. Is their emergency vehicle protection?
 - b. Statements
 - c. Were you in the right?
- D. First Aid for bike patrol officers

X. Range

- A. Tactical considerations
 1. Cover & Concealment
 2. Communicate with partner and dispatch
 3. Use of firearms after physical exertion
 4. High risk stops (shooting scenarios)

XI. Bicycle patrol hazards

- A. How vulnerable are you?
- B. Stealth can be hazardous to your health
 1. The element of surprise may actually increase resistance by a suspect
 2. Always plan for the unexpected
 3. Greater risk of ambush
 4. Know your limitations and the limitations of a bicycle patrol unit. Do not try to sell your program by being unsafe.

XII. P.O.S.T. Evaluations