

**Reserve  
Officer  
Bicycle Patrol  
Training**

# Bicycle Patrol Training Topics

The purpose of this training guide is to list topics covered with Reserve Officers in their preparation for use as a Bicycle Patrol Officer. These topics can be broken down into separate lesson plans. Instruction for these lesson plans include; lecture, discussion, visual aids, and student participation. Upon completion of these lesson plans officers are given a written examination.

**Lesson Plan 1: Bike Handling and Vehicular Cycling Skills**

**Lesson Plan 2: Bike Fit, Inspection and Anatomy**

**Lesson plan 3: Group Riding**

**Lesson Plan 4: Hazards and Common Crashes**

**Lesson Plan 5: Legal Issues and Traffic Laws**

**Lesson Plan 6: Nutrition and Fitness**

**Lesson Plan 7: Obstacle Clearing and Other Riding Techniques**

**Lesson plan 8: Patrol Procedures and Arrest Tactics**

**Lesson Plan 9: Nighttime Patrol and Conspicuity in Traffic**

**Lesson plan 10: Uniforms and Equipment**

**Lesson Plan 11: Bike Maintenance**

**Lesson Plan 12: Community Policing**

# **Lesson Plan 1: Bike Handling and Vehicular Cycling Skills**

This block of training will familiarize the officer with:

- Proper braking techniques as well the technique known as (maximum braking)
- Proper gear shifting for level and sloped riding terrain, preventing cross chaining and stopping and starting.
- Instant turns and proper steering techniques
- Obstacle avoidance and dodging techniques
- Slow speed handling techniques
- Balancing skills
- Cyclist's "One-third of the land rule"

## **Lesson Plan 2: Bike Fit, Inspection and Anatomy**

This section will give the officer an understanding of the importance of properly maintaining a bike to his/her body dimensions. Officers will also be shown how to inspect his/her bike to insure that it is in proper working order and safe to ride.

- Measuring bike frame sizes.
- Choosing the right frame size for proper fit, including saddle height adjustment.
- Performance of the ABC quick check bike inspection (Air, Brake and Crank set).
- Bike anatomy: correctly identifying parts of the bike.

# **Lesson Plan 3: Group Riding**

This section will give the officer a basic understanding of the fundamental skills and rules of group riding.

- Utilization of group riding techniques
- Transformation from single file to double file and back
- Group riding rules
- Communication with group members

## **Lesson Plan 4: Hazard and Common Crashes**

This training block will give the officer a basic understanding of the types of hazards, and the most common crash types involving cyclists.

- Common Surface Hazards
- Common Visual Hazards
- Common Motor Vehicle/Bicycle Crashes

## **Lesson Plan 5: Legal Issues and Traffic Laws**

This training block will give the officer a basic understanding of the various laws that apply to them as Police cyclist. This block includes both traffic laws and civil laws.

- The Meaning of the Statutory Expression “ As Far Right as Possible”
- Legal status and obligations of cyclists when operating on a sidewalk
- Equipment legally required on a bike while operated on a roadway

# **Lesson Plan 6: Nutrition and Fitness**

This training block will give the officer a basic understanding of the different nutritional and fitness needs required for optimum performance as a Police cyclist.

- Basic nutrients and the sources from which they are derived
- Food pyramid.
- Importance of water and other fluids
- Benefits of exercise
- How to determine maximum heart rate



# **Lesson Plan 7: Obstacle Clearing and Other Riding Techniques**

This training block will enable the bike officer to ride safely, effectively and efficiently over obstacles, which are frequently encountered.

- Curbs and parking lot blocks: ascending/descending techniques
- Stairs: ascending/descending techniques
- Obstacle clearing: moving dismount/remount
- Hills: ascending/descending techniques

# **Lesson Plan 8:**

## **Patrol Procedures and Arrest Tactics**

This training block will provide the officer with the necessary information to ensure that the bike patrol is effective and that associated contacts and arrests are safe.

- Advantages /Disadvantages associated with bicycle patrol
- Contact/Cover safety techniques
- Effective dismounts
- Safe and proper pedestrian stops
- Safe and proper vehicle stops

# **Lesson Plan 9: Nighttime Patrol and Conspicuity in Traffic**

This training block will provide the officer with the necessary information to ensure that bike patrol is conducted in a safe manner, day or night.

- Identification of hazards associated with nighttime bike patrol
- Equipment and techniques utilized to make officers more conspicuous and recognizable to motorists
- Equipment requirements/concerns regarding nighttime patrol

# **Lesson Plan 10: Uniforms and Equipment**

This training block will provide a basic understanding of the different equipment and uniform needs of a police cyclist.

- Mandatory and optional bike equipment needs
- Mandatory and optional uniform needs

# **Lesson Plan 11: Bicycle Maintenance**

This training block will provide the necessary information for officers to perform basic maintenance and minor repairs to patrol bikes.

- Routine maintenance practices
- Minor repairs
- Changing flat tires
- Familiarity and use of basic bike tools
- Recognizing when a repair exceeds officers capabilities

# **Lesson Plan 12: Community Policing**

This training block will provide the officer with an understanding of what to expect when encountering the public on a police bike.

- Advantages bike officers have when dealing with the public compared to their motorized counterparts
- Methods of using the police bike as an enforcement tool while maintaining positive contact with the public