Beverly Hills Police Department's
Basic Bicycle Patrol Course

Course Outline

Day One

I. Welcoming comments (10 minutes)
- A. Icebreaker
- B. Instructor Introduction
- C. Restrooms/Facility

II. Course overview and objective (20 minutes)
- A. Bicycle nomenclature
- B. Required fitness/conditioning/endurance
- C. Control and maneuverability of bicycle
- D. Student's pre-level experience verses post-level experience
- E. Safety equipment
  - a. Helmet, gloves, and eye protections
- F. Flat tire repair

III. Bicycle nomenclature (45 minutes)
- A. Video (DVD)
  - a. Bicycle nomenclature and maintenance
  - b. Cleaning materials and lubrication (Chain)

IV. Required Fitness/conditioning/personal safety equipment (45 minutes)
- A. Physical conditioning
  - a. Pre-stretching
  - b. Hydration
  - c. Food consumption
  - d. Proper fitting of helmet, gloves, and eye protection

V. Control and maneuverability of bicycle (60 minutes)
- A. Brake control
  - a. Front brake verses Rear brake
- B. Gear selection
  - a. Front derailleur
  - b. Rear derailleur
  - c. Combination of both (Hills verses Flat land)
- C. Maneuverability/Control
  - a. Descending curbs and stairs
  - b. Ascending curbs and stairs
  - c. Control around fixed objects/Pedestrians

d. Balance
e. Proper dismounting of bicycle

VI. Student's experience level (10 minutes)
A. Pre-experience level
a. Limited?

B. Post-experience level
a. Maneuverability over curbs, stairs, and fixed objects

VII. Field repair (35 minutes)
A. Flat tire - Demonstration
a. Removal of bicycle rim (Technique)
b. Removal of bicycle tire (Technique)
c. Repair or replace bicycle inner-tube (Technique/Tools)
d. Other options (i.e. assistance from patrol unit)

Lunch ***(60 minutes)***

VIII. Pre-ride preparation (15 minutes)
A. Physical preparation
a. Stretching
b. Hydration
c. Check students for pre-ride injuries
d. Personal safety equipment: helmet, gloves, and eye protection

IX. Equipment check (15 minutes)
A. A.B.C. (Air, Brakes, and Cranks/Chain)
a. Explanation of A.B.C.'s
b. Purpose of A.B.C.'s

X. Skills course (90 minutes)
A. Practical application of proper braking
a. Slow braking
b. Panic braking (Front and Back)
c. Braking while slow control movements
d. Consequences of improper braking (Injuries)

B. Negotiation of cone patterns
a. Reiterate slow braking while negotiation of cones (Objects)
b. Proper gear selection
c. Proper balance and positioning on bicycle

XI. Formation riding (15 minutes)

A. Purpose of formation riding
   a. Roadway placement and safety
   b. Number of officers
   c. Columns of one formation
   d. Columns of two formation
   e. Hand signs and verbal commands
   f. What necessitates this style, or styles of riding

XII. Endurance ride (90 minutes)
   A. Ride 5 to 10 miles (Columns of one and two)
      a. Utilize roadway in residential neighborhood
      b. Identify potential hazards (Vehicles, Pedestrians, Roadway damage).
      c. Introduce physical resistance; ascending and descending hills
      d. Return to Police Station

XIII.. Equipment maintenance (30 minutes)
   A. Clean bicycles
      a. Wipe down bicycles with rags
      b. Check A.B.C.'s
      c. Visually inspect miscellaneous nuts/bolts of bicycle
      d. Stow bicycles and safety equipment at station
      e. Information on hours and equipment of next days training

<u>Day Two</u>

I. Pre-ride preparation (30 minutes)
   A. Physical preparation
      a. Stretching
      b. Hydration
      c. Check students for pre-ride injuries
      d. Personal safety equipment: helmet, gloves, and eye protection

II. Endurance ride (180 minutes)
   A. Ride 15 to 20 miles (Columns of one and two)
      a. Utilize roadway in residential neighborhood
      b. Identify potential hazards (Vehicles, Pedestrians, Roadway damage).
      c. Introduce physical resistance; ascending and descending hills

   B. Alternate terrain
      a. Different characteristics of the bicycle's handling on cement, asphalt, dirt, sand, and wet verses dry surfaces.

Lunch *(60 minutes)*

III. Urban riding skills (210 minutes)

A. Bicycle control in different environments/terrain

a. Bicycle negotiation around pedestrians
b. Schools
c. Apartment buildings
d. Alleyways
e. Sidewalks
f. Businesses
g. Parks
h. Other fixed objects

B. Reinforce bicycle control

a. Reiterate slow braking while negotiation of objects
b. Proper gear selection
c. Proper balance and positioning on bicycle
d. Return to Police Station

V. Equipment maintenance (30 minutes)

A. Clean bicycles

a. Wipe down bicycles with rags
b. Check A.B.C.'s
c. Visually inspect miscellaneous nuts/bolts of bicycle
d. Stow bicycles and safety equipment at station

VI. Equipment and objective for the night ride (30 minutes)

A. Proper apparel

a. Clothing/Jacket re: temperature
b. Shorts verses pants
c. Lighting requirements (bicycles) re: California Vehicle Code
d. Flashlight (additional lighting)

Day Three

I. Pre-ride preparation (30 minutes)

A. Physical preparation

a. Stretching
b. Hydration
c. Check students for pre-ride injuries
d. Personal safety equipment: helmet, gloves, and eye protection

II. Skills course (refinement of skills) (180 minutes)

A. Practical application of proper braking

a. Slow braking
b. Panic braking (Front and Back)
c. Braking while slow control movements
d. Consequences of improper braking (Injuries)

B. Negotiation of cone patterns

a. Reiterate slow braking while negotiation of cones (Objects)
b. Proper gear selection
c. Proper balance and positioning on bicycle
d. Descending curbs and stairs
e. Ascending curbs and stairs
f. Control around fixed objects/Pedestrians
g. Pedestrian contacts (non-enforcement verses enforcement- officer safety considerations)

III. Bicycle Maintenance (Re-inspection) (30 minutes)

A. Equipment inspection prior to night riding

a. Lighting equipment (Working)
b. Check A.B.C.'s
c. Visually inspect miscellaneous nuts/bolts of bicycle (Loose parts)

IV. Night Ride (120 minutes)

A. Tactical Riding

a. Riding without lights (Safety)
b. Bicycle noise considerations
c. Recognizing safety issues (Visibility)
d. Safety considerations with approaching calls for service, assisting patrol officers
e. Tactical dismount of bicycle
f. Placement of bicycle (terrain)

B. Tactical approach of pedestrians

a. Angle of approach (Stealth/Noticeable)
b. High risk dismount verses low risk dismount
c. Pedestrian pursuits
d. Vehicle enforcement stops

Dinner ***(60 minutes)***

V. Practical application of night riding skills (90 minutes)

A. Tactical Riding

a. Riding without lights (Safety)
b. Bicycle noise considerations
c. Recognizing safety issues (Visibility)
d. Safety considerations with approaching calls for service, assisting patrol officers
e. Tactical dismount of bicycle
f. Placement of bicycle (terrain)

B. Tactical approach of pedestrians
a. Angle of approach (Stealth/Noticeable)
b. High risk dismount verses low risk dismount
c. Pedestrian pursuits
d. Vehicle enforcement stops

VI. Completion and documentation of course (30 minutes)

A. Written Evaluations
a. Collection of student's completed course evaluations

B. Presentation of student's certificates
a. Distribution or collection of miscellaneous classroom paperwork
b. Closing remarks (Thanking students)