

Sacramento Police Department
ADDITIONAL OFFICER TRAINING - 2021
BASIC BICYCLE OFFICER COURSE

Statement of Purpose: The course will teach police officers general bicycle riding skills and how to safely integrate those skills with patrol operations.

- I. Lecture Topics
 - A. History of Public Safety Cycling
 - i. Public Safety Bike Unit
 - B. Bicycles
 - i. Nomenclature
 - ii. On-Bike Equipment
 - C. Clothing and Personal Protective Equipment
 - D. Vehicular Cycling
 - E. Hazards and Crashes
 - F. Cycling at Night
 - G. Bicycle Maintenance and Repairs
 - H. Basic Nutrition
 - I. Basic Physical Fitness
 - J. Bicycle Safety Education for Children
 - K. Patrol Equipment
 - L. Patrol Procedures and Tactics
 - M. Firearms Training
 - N. The Bicycle Response Team (BRT)

- II. Off Bike Learning Skill Stations
 - A. Helmet Fit
 - B. Bike Fit
 - C. ABC Quick Check
 - D. Use of Toe Clips
 - E. Tire Change

- III. On Bike Learning Skill Stations
 - A. Braking technique
 - B. Shifting and Gear Use
 - C. Hook Slide
 - D. Quick Turn
 - E. Rear Scan
 - F. Rock Dodge
 - G. Slow Speed and Balance
 - H. Sprinting
 - I. Stair ascents
 - J. Stair carry
 - K. Stair descents
 - L. Track stand
 - M. Transitioning

- IV. Firearms Training
 - A. The purpose is to allow the shooter/bicycle rider to utilize their handgun while maintaining control of their bicycle
 - i. Required Additional Equipment:
 - 1. 200 rounds of ammunition per shooter

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2. 1 duty pistol
3. 3 pistol magazines
4. 1 duty belt with holster and magazine pouches
5. 1 ballistic vest
6. Ear protection
7. Eye protection

- V. Case Law & Policy Review
- A. PC 835(a) – Use of Force
 - B. Discuss current UOF case law
 - i. Tennessee v Garner
 - ii. PC 835(a)
 - C. SPD GO 580.02 – Use of Force
 - D. Discuss current issues related to Use of Force policy & bikes
- VI. Range Drills
- A. Stage 1- Working the Clock (12,3,6,9 o'clock firing positions) DRY FIRE
 - i. Officer will draw their EMPTY pistol and dry fire two times while straddling the top tube of the bicycle
 - ii. Officer will reluctantly holster their pistol
 - iii. Officer will rotate their bodies 90 degrees and repeat the drill from each of the different firing positions
 - B. Stage 2- Working the Clock (12,3,6,9 o'clock firing positions) LIVE FIRE
 - i. Officers will draw their pistol and fire two rounds while straddling the top tube of the bicycle
 - ii. Officer will reluctantly holster their pistol
 - iii. Officers will rotate their bodies 90 degrees and repeat the drill from each of the different firing positions
 - C. Stage 3- Dismount, non-rolling DRY FIRE
 - i. Officer will start on their bicycle, straddling the top tube. Officers will be facing the target at the 7-yard line
 - ii. Officer will Dismount to the Right
 - iii. Officer will draw an empty pistol and dry fire two times
 - iv. Officer will reluctantly holster their pistol
 - v. Officer will remount the bicycle
 - vi. Officer will repeat the DRY Firing course until comfortable with the position
 - vii. Officers will repeat with a Left Dismount
 - D. Stage 4- Dismount, non-rolling LIVE FIRE – Moving Right
 - i. Officer will start on their bicycle, straddling the top tube. Officers will be facing the target at the 7-yard line
 - ii. Officer will Dismount to the Right
 - iii. On "Fire" Commands, Officers will draw pistol and fire two times
 - iv. Officer will reluctantly holster their pistol
 - v. Officer will remount the bicycle
 - vi. The drill will be repeated 3 times until all firing positions are covered
 - E. Stage 5- Dismount, non-rolling LIVE FIRE – Moving Left
 - i. Officer will start on their bicycle, straddling the top tube. Officers will be facing the target at the 7-yard line
 - ii. Officer will Dismount to the Left
 - iii. On "Fire" Commands, Officers will draw pistol and fire two times

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- iv. Officer will reluctantly holster their pistol
 - v. Officer will remount the bicycle
 - vi. The drill will be repeated 3 times until all firing positions are covered
 - F. Stage 6- Footing and Moving Around Bicycle – LIVE FIRE
 - i. Officer will start on the 7-yard line with their bicycle on the ground facing the target
 - ii. Officer will move around the downed bicycle
 - iii. Officer will fire two times when instructed to do so by the instructor
 - iv. Officer will continue to move after addressing the threat
 - v. Officer will continue the drill as fire when instructed (10 rounds total)
 - G. Stage 7- Moving Bicycle to stop and address threat – LIVE FIRE
 - i. Officer will start mounted on their bicycle at the 25-yard line
 - ii. Officer will ride forward toward the target
 - iii. Upon reaching the 7-yard line, Officer will stop place their feet on the ground and engage the target
 - iv. Officer will reluctantly holster
 - v. Officer will remount their bicycle and return to the 25-yard line
 - vi. The drill will be repeated 2 more times
 - H. Stage 8- Moving Bicycle to stop, DISMOUNT & address threat – LIVE FIRE
 - i. Officer will start mounted on their bicycle at the 25-yard line, Officer will ride forward toward the target
 - ii. Upon reaching the 9-yard line, Officer will dismount their bicycle
 - iii. Officer will advance on foot to the 7-yard line and hold
 - iv. Officer will engage the target when instructed to do so
 - v. Officer will reluctantly holster
 - vi. Officer will remount their bicycle and return to the 25-yard line
 - vii. The drill will be repeated 2 more times
 - I. Stage 9- Moving bicycle to shooting at 3 and 9 o'clock – LIVE FIRE
 - i. Officer will start at the 7-yard line on the left side of the range. Officers will ride laterally at their own pace
 - ii. Upon being given a threat command, Officer will stop, place their feet on the ground
 - iii. Officer will draw their pistol and engage the target with two rounds
 - iv. Officer will reluctantly holster
 - v. Officer will continue riding the course until they received another threat command. The Officer will engage a different target with 2 additional rounds.
 - vi. The drill will conclude after the Officer has engaged 3 targets and cleared the course
 - J. Stage 10- Scenario – LIVE FIRE
 - i. Officer will ride an approximately ½ mile course to elevate their heart rate
 - ii. Officer will pedal into the range where a group of targets are set up
 - iii. Officer will dismount their bicycle, reach cover and engage threats
 - iv. Officer will return to their bicycle and search for additional threats
 - v. Officer will ride, stop, dismount and engage threats within the course
 - vi. The drill will conclude when the Officer has engaged all threats and cleared the course
- VII. City Ride
- A. Officers will be led on a bicycle ride through different locations in the city

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B. Officers will practice safe riding habits and safely navigate common roadway hazards

VIII. Course Objectives

- A. Students must demonstrate the ability to safely operate a bicycle after receiving instruction and practicing during skill building stations
- B. Successfully pass a written exam regarding lecture material