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
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 with 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 with 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
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 with start at the 7-yard line on the left side of the range. Officers will ride laterally at their own pace
ii. Upon be 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 ride an approximately ½ mile course to elevate their heartrate
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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ADDITIONAL OFFICER TRAINING - 2022
BASIC BICYCLE OFFICER COURSE

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