El Cerrito Police Department
Bicycle Patrol
Skills and Tactics
Instructors

- Lieutenant Steve Bonini
- Officer Jeff Albrandt

Contact Numbers

510 215-4417 Watch Commander
510 215-4400 Main Business Office
510 237-3233 Dispatch (Non-emergency)
# Table of Contents

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  - Safety Policy/ Course Objectives

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  - Course Outline

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- Section 5
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El Cerrito Police Department Bicycle Training Safety

• The El Cerrito Police Department recognizes the need for safety in all aspects of bicycle training, and requires a commitment to safety from instructors and students.

• If you are injured, inform an instructor ASAP.

• Safety begins with everyone in the class. If something appears unsafe or you notice a hazard, say something.

• Instruction is based in a “training to succeed” philosophy. A graduated process of easy, moderate, hard or crawl, walk, run will be used.

• Bicycle Safety Inspections will take place each time we ride – ABC Quick Check.
Course Objectives

This course exists to aid the officer in the performance of his/her patrol duties. Each section of instruction is designed to improve the officer’s ability to ride a bicycle, with attention to the safety concerns unique to law enforcement. This class will be a success only if each student departs with more biking knowledge, and improved physical skills.

During this course the officers will be required to:

• Conduct equipment maintenance
• Demonstrate proper gearing and braking techniques
• Ascend and descend different types of terrain
• Participate in scenarios and team building exercises
• Demonstrate the ability to ride safely during scenarios
• Properly mount/dismount the bicycle
• Demonstrate Apprehension Techniques
STUDENT INTRODUCTIONS

• NAME

• DEPARTMENT

• YEARS OF SERVICE

• CURRENT ASSIGNMENT

• HOW IS BIKE PATROL USED AT YOUR DEPT

• WHAT DO YOU HOPE TO GET OUT OF THE CLASS

• WHY ARE YOU HERE
Class Schedule Day One

0800-0900 Registration
   1. Course Objectives
   2. Review of Course Outline
   3. Introductions

0900-1000 Equipment check
   1. A.B.C check / Gear Check
   2. Stretch/Warm-up

1000-1200 Class Activity/ Warm-up ride
   1. Evaluate rider abilities
   2. Check bike performance
   3. Conditioning

1200-1300 Lunch
Schedule Day One - Continued

1300-1400 Class Activity/ Riding Principles
   i. Bike Selection
   ii. Gearing Techniques
   iii. Braking Techniques
   iv. Road / Surface Terrain Assessment
   v. Formation Riding

1400-1630 Class Activity/ Riding Techniques
   I. Gearing Techniques while descending and ascending
   II. Braking Techniques while descending and ascending
   III. Body placement while descending and ascending
   IV. Mounts / Dismounts
   E. Curbs
   F. Slow Cones

1630-1700 Debriefing
Class Schedule Day TWO

IS ANYONE INJURED OR HURT?

0800 – 0830  Review Day One / Equip Check
0830 – 0900  Warm Up / Stretching
0930 – 1100  Ride
a. Class Activity – Negotiating Stairs
1100 – 1130  Ride to Lunch
1130 – 1230  Lunch
1230 – 1530  Class Activity/ Apprehension Techniques
1530 – 1630  Ride
1630 – 1700  Wrap up
Class Schedule Day Three

0800 – 0900 Common Urban Obstacles
  a. Wall Bump
  b. Traffic
  c. Riding in Formation
  d. Curbs, Stairs, Mixed Terrain

0900 – 1130 Urban Ride Training (15 miles)

1130 – 1230 Lunch

1300 – 1500 Slow Cones – Testing/Skills Demo
  i. Key Hole
  ii. Figure 8
  iii. Split Turn Around
  iv. U – Turn
  v. S – Turn Around
  vi. Brake and Escape

1530 – 1630 Course Review / Written Test
  A. Legal Issues
Expanded Course Outline Day One

I. Course Overview and Objectives
   A) Objectives
      1. Riding Safely
      2. Using the Bicycle as a Patrol Tool
   B) Overview
      1. Outline
      2. Program Safety Policy

II. Health Maintenance
   A) Physical Upkeep
      1. Hydration
      2. Nutrition
   B) Injury Prevention
      1. Stretching
      2. Conditioning

III. Equipment Maintenance
   A) ABC Quick Check
      1. Practical Application
   B) Equipment Inspection
      1. Practical Application
   C) Tire Change Exercise
      1. Practical Application

IV. Riding Principals
   A) Proper Bicycle Selection (Fit Test)
      1. Seat height and handle bar adjustment
   B) Gearing Techniques
      1. Demonstration
   C) Braking Techniques
      1. Demonstration
   D) Road Surface/Terrain
      1. Demonstration
   E) Formation Riding
      1. Demonstration

V. Dismounts/ Mounts
   A) Non-Emergency
      1. Low-Profile
   B) Emergency
      1. In-Progress Incidents
   C) Safety Considerations
      1. Protecting the Bike

VI. Class Activity/ Slow Cones
   A) Gearing Techniques
   B) Braking Techniques

VII. Class Activity/Negotiating Curbs
   A) Ascending
      1. Gearing
   B) Descending
      1. Braking
Expanded Course Outline Day Two

I. Review of First Day
   A) Equipment Maintenance
      1. ABC Quick Check
      2. Equipment Check
   B) Review of Riding Principals
      1. Gearing Techniques
      2. Braking Techniques

II. Class Activity/Negotiating Stairs
    A) Ascending
       1. Gearing
       2. Shift Body Weight/Position

III. Class Activity/Emergency Stops (Panic Stops)
     A) Applicable Situations
        1. Shift of Body Position
        2. Braking techniques (Front and Rear)

IV. Class Activity/Apprehension Techniques
    A) Stealth Techniques
       1. Utilizing Surprise
    B) Slide Techniques
       1. High Profile

V. Class Activity/Scenarios
   A) Applying Skills to Simulate Take-on/Arrests
      1. Dismounts
      2. Stealth Techniques
      3. Slide Techniques
Expanded Course Outline Day Three

I. Practical Riding Techniques
   A) City Ride (10-15 Miles)
      1. Encountering Common Urban Obstacles
         A. Traffic
         B. Riding in formation
         C. Curbs, Stairs, and Mixed Terrain

II. Class Activity/ Bicycle Obstacle Course (Timed Event)
   A) Slow Cones
      1. Key Hole
      2. Figure 8
      3. Split Turn Around
      4. U-Turn
      5. S-Turn Around
      6. Brake and Escape

III. Course Review/ Written Test
   A) Legal Issues
      1. Applicable CVC Sections (Enforcement)
      2. Applicable El Cerrito Muni Codes (Enforcement)

IV. Instructor and Course Evaluations
Handling Guidelines

• Head and Eyes – look down, go down
• Plan Ahead
• Ascending – shoulders slightly forward, weight over the seat post
• Descending – weight back, off the seat
• Power Pedal Position – 10 & 2
• Pedal Position 3 & 9
• ABC Quick Check – Air, Brakes, Cables/Components, Quick Releases
• Stay Hydrated
• Good ride nutrition
Brake and Escape
Slow Speed Balance
Incline/Decline Balance
Split Turn-Around
Figure Eight
U-Turn
Key Hole
S-Turn Around