

Las Positas College  
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## Course Outline for AJ 9979

### BASIC POLICE CYCLIST

Effective: Spring 1999

#### I. CATALOG DESCRIPTION:

AJ 9979 — BASIC POLICE CYCLIST — 1.11 units

A course designed for those newly assigned to bicycle patrol work. Covers basic cycling principles and skills, including riding in traffic, bicycle fitness, gear selection, basic maintenance, health and nutrition, emergency handling skills, hazard evasion, night riding, patrol tactics, legal issues, traffic laws and scenarios. This is a California Peace Officer Standards and Training (POST) certified course regular or reserve peace officers in federal, state, or local law enforcement.

0.56 Units Lecture 0.56 Units Lab

#### Grading Methods:

Pass/No Pass

#### Discipline:

	<b>MIN</b>
<b>Lecture Hours:</b>	10.00
<b>Lab Hours:</b>	30.00
<b>Total Hours:</b>	40.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

1. demonstrate basic cycling skills, including maximum braking, instant turns, scanning drills, and slow speed maneuvering;
2. explain effective cycling procedures as well as legal and policy issues;
3. demonstrate police cycling skills, including dismounts, obstacles and stairs;
4. demonstrate off road riding skills;
5. explain and demonstrate patrol riding techniques;
6. discuss the special problems involved in night riding and group riding;
7. explain and demonstrate road riding skills;
8. complete various scenarios and role playing exercises;
9. successfully navigate a timed obstacle course.

#### V. CONTENT:

- A. Introduction and history of bicycle patrols
- B. Nutrition, health, and injury prevention
- C. Effective cycling
- D. Basic cycling skills
- E. Legal and policy issues
- F. Uniforms and equipment
- G. Police cycling skills
- H. Off-road riding
  - I. Patrol riding techniques
  - J. Night riding techniques
- K. Group riding skills
- L. Road riding skills
- M. Patrol tactics
- N. Scenarios and role playing
- O. Navigating the timed obstacle course

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Lecture** -
- C. Activity: Navigating the timed obstacle course
- D. Activity: Various bicycle riding skills
- E. **Demonstration** - skills to be learned

#### VII. TYPICAL ASSIGNMENTS:

A. Lecture 1. "Off-road riding skills" 2. "Night riding" B. Class discussion of significant issues and topics 1. "Maintenance, basic repairs and bicycle fitness" C. Activity 1. Patrol riding techniques 2. Scenarios and role playing 3. Timed obstacle course

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests

B. **Frequency**

1. Frequency of evaluations
  - a. Student attendance and progress is monitored daily.

IX. TYPICAL TEXTS:

1. No textbooks exist for this type and level of course. POST (Peace Officer Standards and Training) materials will be prepared especially for this course and distributed to the students as needed.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. A mountain bicycle suitable for patrol, including non-knobby tires, and a foot retention system (toe clips or clipless pedals). Each student must also have a Snell, ANSI or ASTM approved bicycle helmet, eye protection and padded cycling gloves. Each student will need a complete bicycle patrol uniform, protective vest, complete duty belt with baton and firearm with 150 rounds of ammunition.