

**San Jose Police Department**  
**Bicycle Patrol Instructor**  
**Expanded Course Outline**

**Day One**

**I. Registration**

- A. SJPD administrative record keeping
- B. POST administrative record keeping

**II. Introduction / Course Objectives**

- A. Instructors – name, police agency, service years, bike experience
- B. Students – name, police agency, service years, bike experience, Basic Bike Patrol Certificate
- C. Expectations – instructor / student
- D. Objectives – must pass: timed obstacle course, complete student presentation

**III. Instructor Manual (The BOOK)**

- A. Current manual origin
- B. Future manual assignment
- C. Chapter by chapter familiarization
- D. SJPD specific information
  - 1. Uniform Specs
  - 2. Equipment
    - a. EMR protocols / 1<sup>st</sup> aid kit
    - b. Sag wagon / support vehicles / marked police car
    - c. Cones
    - d. Props for scenarios
  - 3. Record keeping
    - a. POST 2-110 Course Announcement
    - b. POST 2-111 Course Roster
    - c. POST 2-112 Instructor Resume
  - 4. Bike Shop purchases
    - a. credit card
    - b. purchase orders
    - c. open purchase orders
    - d. reputable shop
    - e. bike manufactures
    - f. tools / in-house versus shop repairs
  - 5. Instructor networking

**IV. Bicycle / Equipment Inspection**

- A. Instructors will inspect student bicycles prior to use in class exercise
- B. ABC Quick Check

- V. Formation Riding Protocol Review**
  - A. column of 1 and 2 riding
  - B. hazards
  - C. hand signals / verbal communications
  - D. passing parked cars, lane changes, intersection control
  - E. road guards and lane positioning
  - F. rules of the road will be strictly adhered to
- VI. Ride (Los Gatos Creek Trail)**
  - A. Medium length
  - B. Observe student abilities
- VII. Bike Clean-up**
  - A. Cleaning tools, compounds, water
  - B. Lubricants
  - C. Storage
  - D. Mechanical problems

## **Day Two**

- VIII. Bike Fit / Maintenance**
  - A. Nomenclature / ABC Quick-check
  - B. Proper fit
    - 1. bike frame size / stand over height
    - 2. seat height / placement fore and aft
    - 3. handlebar height / placement
    - 4. professional fit (personal bikes)
- IX. Written Test/Group Table Top/Range**
  - A. Review of material
  - B. Test
  - C. Grading of tests
  - D. Remediation/retest as needed
  - E. SJPD Range
    - 1. SJPD Qualification Course
    - 2. Scenarios
- X. Instructor Development**
  - A. Adult Learning Concepts
  - B. Scenario development
  - C. Instructional aids
- XI. Confidence Ride (Alum Rock Park)**
  - A. Bike inspection
  - B. Observe students abilities

- C. Field repairs (tire, chain, breaks, derailleur)
- D. Bike clean up

### **Day Three**

#### **XII. Skill Ride I (Center for Performing Arts)**

- A. Obstacle course set up and demonstration
- B. Obstacle course test
- C. Ride back to classroom

#### **XIII. Student Presentations (Review of POST 24-hr. Basic Bicycle Patrol Course)**

- A. Nutrition / Fitness / Stretching
- B. 1<sup>st</sup> Aid
- C. Nomenclature / ABC Quick-Check / Equipment / Fit
- D. Maintenance: Tire Change and repair / Chain breaks / Clean-up
- E. Mount / Dismount / Kickstand
- F. Cone Patterns: set-up / Slalom / U-turn-limbo bar / Power slide
- G. Cone Patterns: set up / Emergency breaking / Star / M-drill
- H. Up and Down Curbs / Up and Down stairs / Curb bumps
- I. Surfaces: dirt, gravel, sand, grass, asphalt
- J. Pedestrian contacts / Takedowns / Bike pursuits
- K. Vehicle stops
- L. Formation riding / Hand signals / Hazards
- M. Bike bag: what to carry on-duty

#### **XIV. Bike Clean Up/Review**

### **Day Four**

#### **XV. Student Presentations**

- A. Legal Aspects of Bicycle Patrol
- B. Nutrition

#### **XVI. Skill Ride II (Discovery Meadows)**

- A. Bike inspection/stretch
- B. Cone pattern set up
- C. Instructor demonstration
  - 1. Mount, dismount, power slide
  - 2. Slalom, u-turn, limbo bar
  - 3. Slow race, follow the leader course
  - 4. Stairs, curb hop, curb bump
  - 5. Pedestrian contacts, pursuits
  - 6. Vehicle contacts, scenarios
  - 7. Formation riding

D. Student demonstration

1. Mount, dismount, power slide
2. Slalom, u-turn, limbo bar
3. Slow race, follow the leader course
4. Stairs, curb hop, curb bump
5. Formation riding (return to classroom)

**XVII. Bike Clean Up/Review**

**Day Five**

**XVIII. Student Presentations**

- A. Elective topics selected by each student

**XIX. Course Completion/Recap**

- A. Evaluations  
B. Certificates  
C. POST roster check