

San Jose Police Department
Basic Bicycle Patrol
32 hour Course Outline

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. Student Manual

- 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 / 1st 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
 - d. POST 2-227 Reimbursement Form
 - 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. Student networking

IV. Bicycle / Equipment Inspection

- A. Instructors and Students will inspect student bicycles prior to use in class exercise

V. Formation riding protocol review

- A. column of 1 and 2 riding

- B. Trail riding v. Street riding
- C. Hazards
 - 1. Pedestrians, vehicles, animals
- D. Hand signals / verbal communications
- E. Passing parked cars, stopped vehicles, lane changes, intersection control
- F. Road guards and lane positioning
- G. Rules of the road will be strictly adhered to

VI. Ride

- A. Location: Alum Rock Park
 - 1. Observe student abilities
 - 2. Single Track – For Experienced riders
 - 3. Fire Road – For Novice riders

VII. Bike Clean-up

- A. Cleaning tools, compounds, water
- B. Lubricants
- C. Storage
- D. Mechanical problems

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

IX. Confidence ride

- A. Location: Santa Teresa Park
 - 1. Observe students abilities
 - 2. Field repairs (tire, chain, breaks, derailleur)

X. History of Policing on Bicycles

- A. When bike patrol was established
- B. Advantages (cost saving/community policing tool/enforcement)
- C. Media

XI. Nutrition

- A. Importance of water/hydration/electrolytes - Supplement Options
- B. Carbohydrates/Fats/Proteins
- C. Food /Supplements/Calories (Before,During,After)

XII. Legal Aspects

- A. Law updates
- B. California Vehicle Code (Emergency Vehicle/Pursuits)
- C. Municipal Code

D. Duty Manual/Policy and Procedures

XIII. Instructor Presentations (In the Field)

- A. Maintenance: Tire Change and repair / Chain breaks / Clean-up
- B. Mount / Dismount / Kickstand
- C. Cone Patterns: Slalom / U-turn-limbo bar / Power slide
- D. Cone Patterns: Emergency breaking / Star / M-drill
- E. Up and Down Curbs / Up and Down stairs / Curb bumps
- F. Surfaces: dirt, gravel, sand, grass, asphalt
- G. Street Scenarios
- H. Practice Obstacle Course
- I. Practical Scenarios (Vehicle stops/Calls for service)
- J. Confidence Ride
- K. Advanced Maintenance
- L. Pedestrian contacts / Takedowns / Bike pursuits
- M. Obstacle Course Test

XII Course Recap / Evaluations / Record Keeping

XIII Class Certificates / Awards