

El Cerrito Police Department  
Bicycle Patrol  
Skills and Tactics



# Instructors

A silhouette of a person riding a bicycle is shown against a bright blue sky with scattered white clouds. The cyclist is positioned on the right side of the frame, leaning forward in a riding posture. The background is a gradient of blue, darker at the top and lighter at the bottom. The overall image has a high-contrast, dramatic feel.

- 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)

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Cone Patterns



# El Cerrito Police Department Bicycle Training Safety

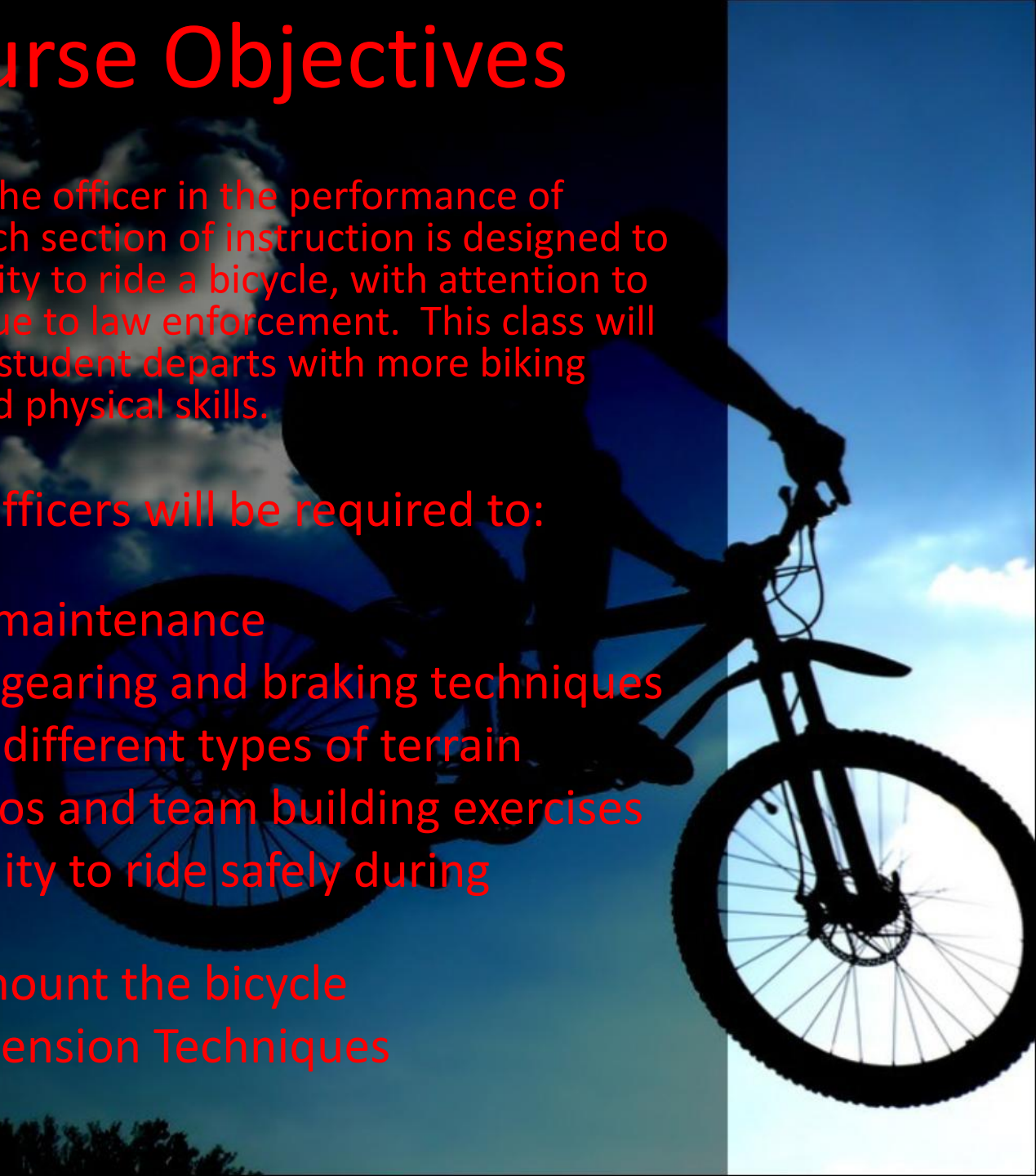
- The El Cerrito Police Department recognizes the need for safety in all aspects of bicycle training, and requires a commitment to safety from instructors and students.
- If you are injured, inform an instructor ASAP.
- Safety begins with everyone in the class. If something appears unsafe or you notice 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

The background of the slide features a dark, blue-toned photograph of two mountain bikers on a trail. The bikers are silhouetted against a bright, hazy sky, likely at dusk or dawn. Both bikers have their front headlights turned on, creating a bright starburst effect. The overall mood is adventurous and outdoorsy.

•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

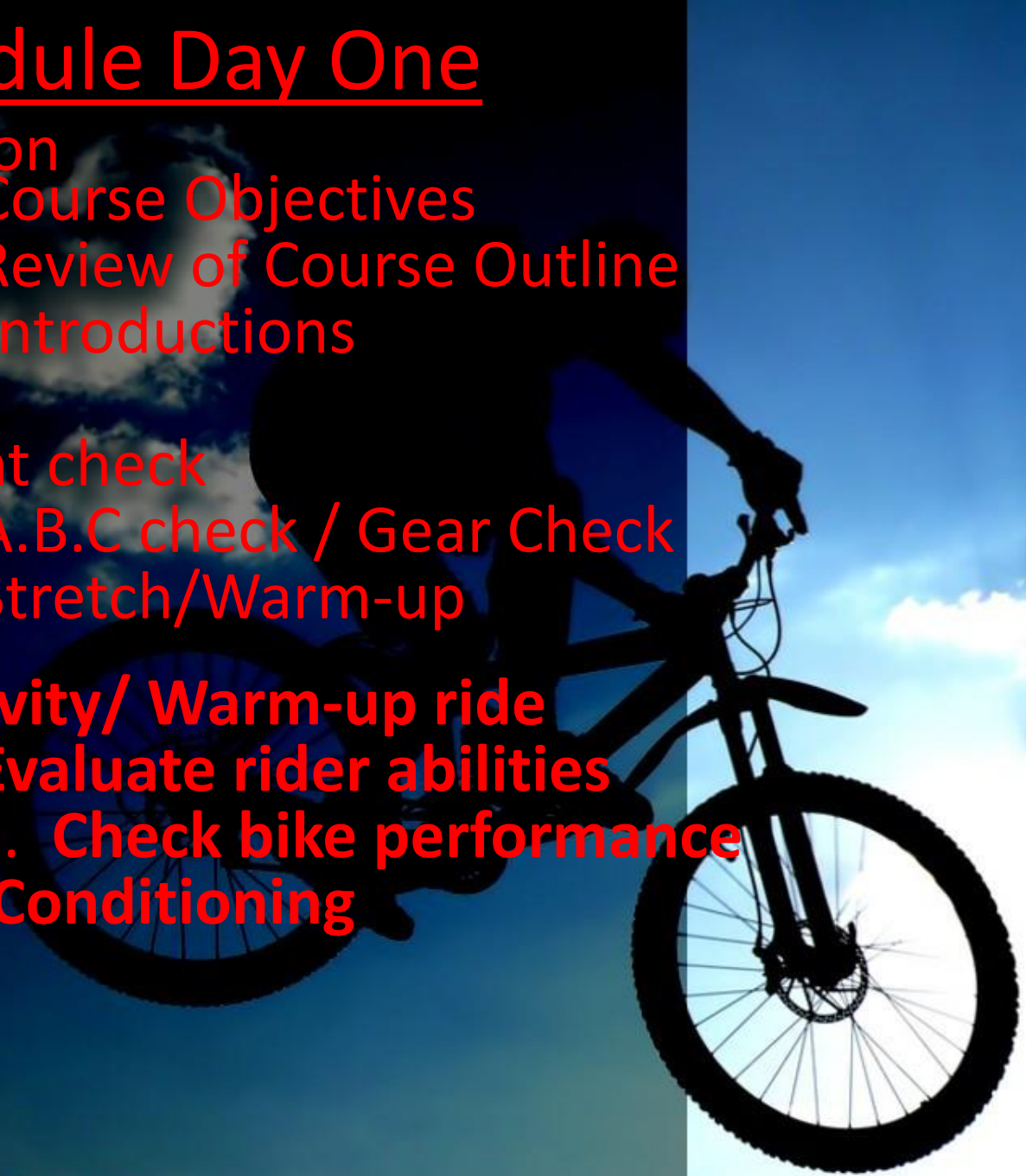
0900-1000 Equipment check

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

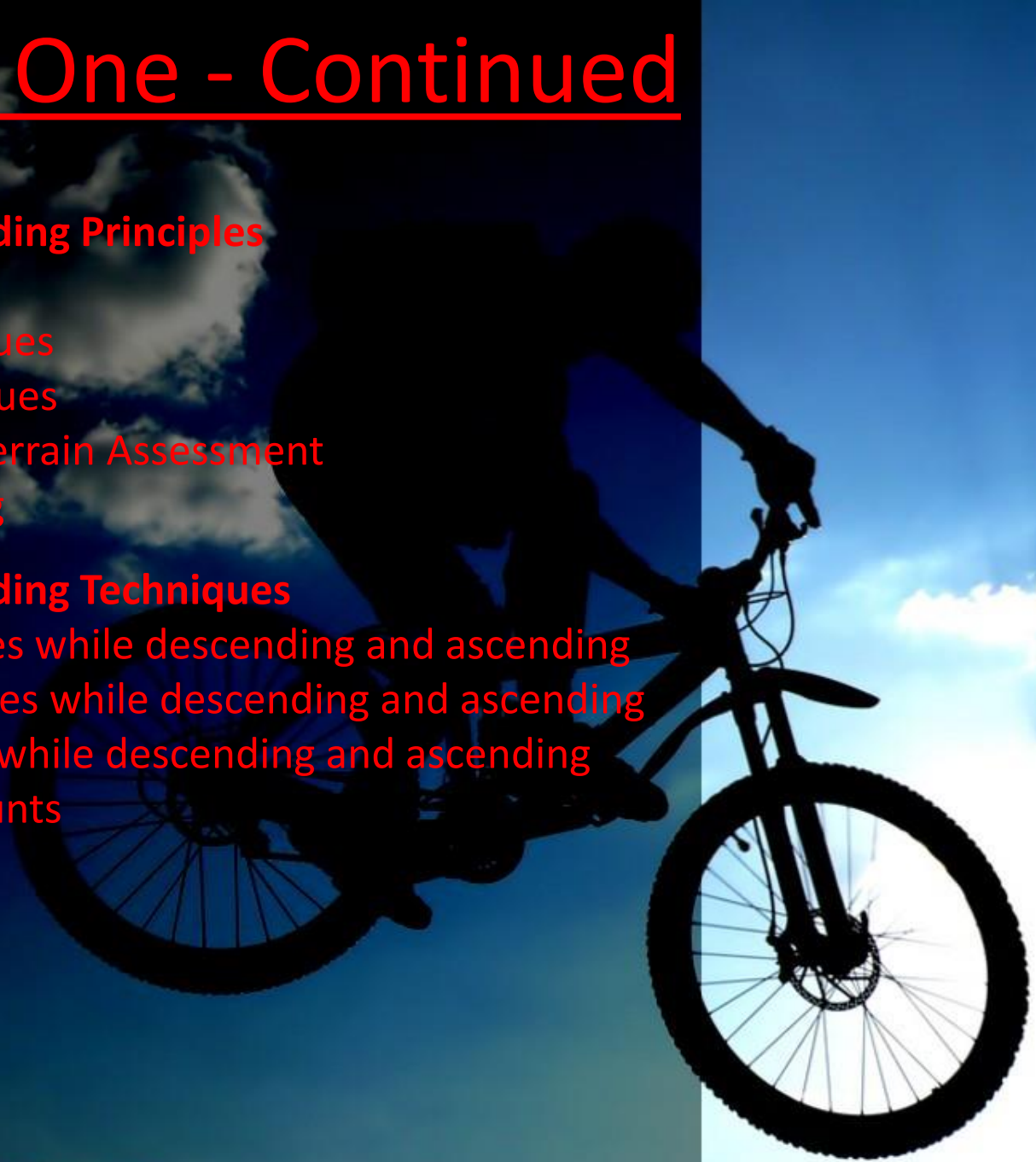
## **1300-1400 Class Activity/ Riding Principles**

- 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

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- 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**

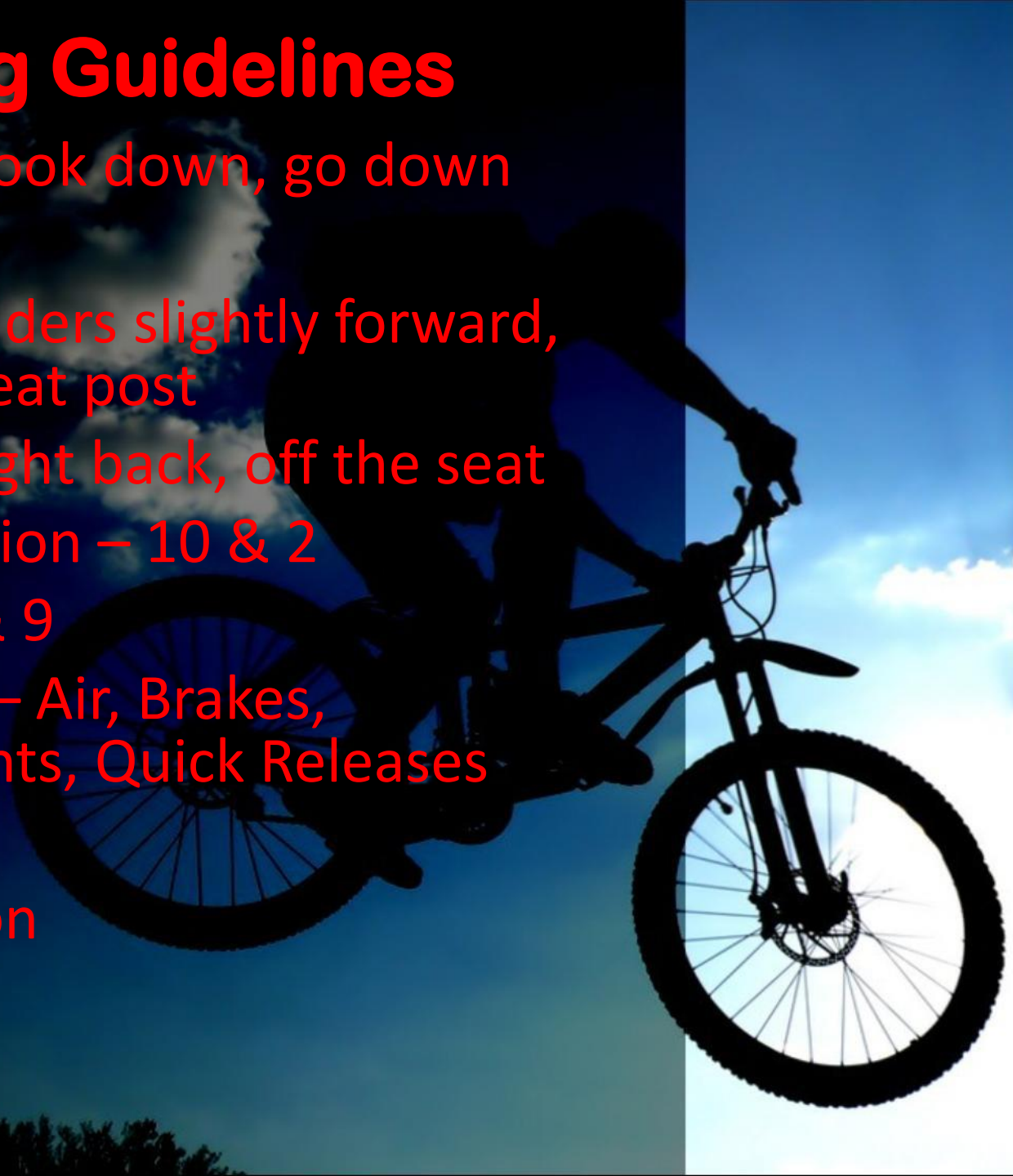
### A) Legal Issues

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



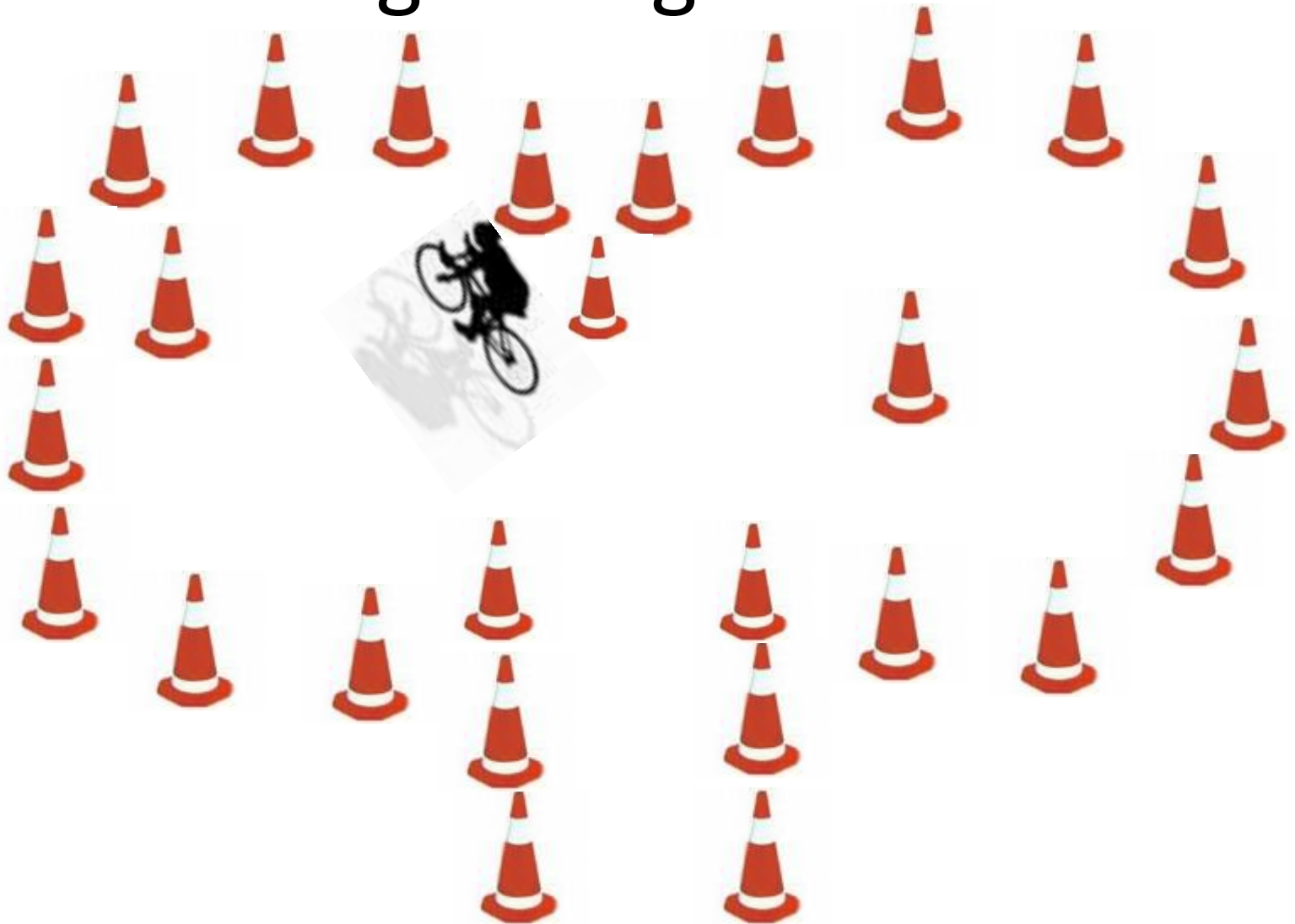


# Split Turn-Around





# Figure Eight





# U-Turn





# Key Hole





# S-Turn Around

