

**BELL GARDENS POLICE DEPARTMENT  
POLICING ON BICYCLES**

24 Hour 4350-23820-  
Expanded Course Outline

**DAY ONE**

**I. INTRODUCTION AND ORIENTATION**

- A. Introduction, Registration, Facilities Orientation, Course Overview, Objectives, Written/Practical Examination

**II. HISTORY OF POLICING ON BICYCLES**

- A. Bikes first used by police
- B. Modern day police use
- C. Public relation tool at first
- D. First used during summer months, daylight hours only
- E. Today used widely during night time hours
  - 1. Apprehension of drug dealers/users
  - 2. Apprehension of prowlers/burglars
  - 3. Higher arrest rate
- F. More mobile in/out of traffic
- G. Less visible than patrol car/motor officer
- H. Cost effective

**III COMMUNITY RELATIONS**

- A. Communities are very supportive
  - 1. Funds
  - 2. Equipment
  - 3. Letters of support
- B. Bike officers are closer to the public
  - 1. Approachable
  - 2. Positive image
  - 3. Better problem solving

**IV. LEGAL/RULES OF THE ROAD**

- A. Bicycle laws same as for motorists
- B. Local Ordinance required permitting Police riding on sidewalks

**V. NUTRITION/HEALTH**

- A. Keep Hydrated
- B. Energy Bars
- C. Eat Healthy

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Expanded Course Outline

VI. NOMENCLATURE

A. Bicycle Components

1. Top tube
2. Seat tube
3. Down tube
4. Brake bridge
5. Seat stay
6. Chain stay
7. Dropout
8. Bracket button
9. Steerer tube
10. Head tube
11. Fork crown
12. Fork blade
13. Fork tip
14. Brake stud

VII. MOUNTAIN BICYCLES/ROAD BICYCLES

A. Mountain Bike

1. All-terrain bike
2. Wide gear range
3. Comfortable pedaling
4. Hill/rough terrain capable
5. Resistant to abuse
  - a. Dirt, gravel, rough terrain etc.
6. Fat tires
  - a. Better traction
  - b. Heavy duty
7. Frame somewhat higher
  - a. Ground clearance
  - b. Cyclist in an upright position
  - c. Rough terrain somewhat comfortable

B. Road Bicycle

1. Generally 12 speed
2. Light weight
3. Frame/parts susceptible to damage if abused
4. Thin tires
  - a. Clincher
  - b. Sew-up
  - c. Made for speed

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**VIII. PRE-RIDE INSPECTION/MAINTENANCE**

- A. Quick Release Levers/locked
  - 1. Seat post
  - 2. Wheels
  - 3. Brakes
- B. Wheels
  - 1. Check for flat spots
  - 2. Properly centered in the forks/frame
  - 3. No side-to-side play
  - 4. Check for loose/broken spokes
  - 5. Dirty rims
- C. Tires
  - 1. Use hand pump
  - 2. Inflate to proper pressure only
  - 3. Check for cuts/wear
  - 4. Avoid gas station air pumps
- D. Caliper Brakes
  - 1. Check for binding when applied
  - 2. Proper cable adjustment
- E. Keep chains lubricated

**IX. RIDING POSITIONS**

- A. Arms
  - 1. Bent for shock absorption
  - 2. If arms are locked a shorter stem may be necessary
  - 3. Lean forward more
  - 4. Fatigue in upper arms/shoulders
    - a. May need longer stem or longer top tube
- B. Hands and Wrist
  - 1. Must be relaxed
  - 2. Keep thumbs wrapped around grips
    - a. Sudden jolt could cause hands to slip off
  - 3. Rough terrain - grasp handle bar firmly
    - a. Shock is transferred
  - 4. Light grip vibrates hands
    - a. Causes stinging or numbness
- C. Upper body should be relaxed and loose
- D. Back should be at least 45 degrees
  - 1. Weight is shifted to the arms
    - a. Butt does not get sore

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- E. Gluteus Maximus (butt)
  - 1. Do not sit squarely on seat
  - 2. Slide to rear for added power
  - 3. Keep back wheel planted for descent
  - 4. Steep hills
    - a. Crouch over handlebar while seated
    - b. Traction is maintained
    - c. Keeps front wheel down
- F. Saddle
  - 1. Level saddle mostly preferred
    - a. Tilted down prevents irritation
    - b. Slightly upward ease arm strain
  - 2. Low seat may cause knee problems
    - a. Patellar tendon area
  - 3. High seat over extends your leg
    - a. Puts stress on tendons and ligaments behind knee
  - 4. Correct saddle height
    - a. Sit on bike wearing cycling shoes
    - b. Proper leg extension
    - c. Knees bent about 20 degrees at bottom of stroke
- G. Feet
  - 1. Ball of foot over pedal axle
  - 2. 5 mm clearance between shoe and toe clip
- H. Pedaling Technique
  - 1. Smoothness
  - 2. Hills create a slower cadence
    - a. Non-round chain-rings (bio-pace)
  - 3. Rough terrain
    - a. Take out of saddle
    - b. Crouch over bike so it is free to move

**X. CYCLING EQUIPMENT**

**A. Helmet**

- 1. Most important cycling item
  - a. Reduces head and/or brain injury
- 2. Weight of helmet
  - a. Ranges from 6 oz. - 15 oz.
- 3. Ventilation
  - a. Good intake and exhaust vents for heat
  - b. Shell cover used during cooler days/evenings
- 4. American National Standards Institute and/or Snell Memorial Foundation approved
  - a. ANSI/SNELL test helmets integrity against impact

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24 Hour 4350-23820-

Expanded Course Outline

5. Helmet cover
  - a. Limits amount of air into air ducts
  - b. Departments name should be on sides
  - c. Soft badge affixed to front of cover
  - d. Winter cover waterproof
- B. Cycling Glasses
  1. Protects the eyes against bugs, dust, sunlight
  2. High-impact lenses
  3. Smoked lenses to filter out 100% UVA
  4. Clear lenses for night time use
- C. Shoes
  1. Cycling shoes
    - a. Tennis/jogging shoes absorb energy
    - b. Stress fracture to feet
  2. Should be breathable
  3. Optimum stiffness
    - a. Stability
    - b. Pedaling efficiency

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24 Hour 4350-23820-  
Expanded Course Outline

**DAY TWO**

XI. ORIENTATION and REVIEW

- A. History of Policing on Bicycles
- B. Mountain Bicycles vs. Road Bicycles
- C. Community Relations

XII. UNIFORM

- A. Shirts (polo)
  - 1. Long sleeve
    - a. Winter months
  - 2. Short sleeve
    - a. Summer months
  - 3. Silk-screen department badge on front
    - a. "POLICE" on back of shirt
- B. Pants
  - 1. Long cycling pants
    - a. May need to be adapted to police use
    - b. Should repel rain and coldness
    - c. Class B uniform shirt is not practical
  - 2. Short cycling pants
    - a. Lycra cycling shorts with gel padding
    - b. Prevents chaffing
    - c. Police or departments logo on side
    - d. May need to be adapted to police use
    - e. Class B uniform pants not practicable
- C. Cycling Jacket
  - 1. Waterproof
  - 2. Breathable
    - a. Regular duty jackets keep heat in
  - 3. Capable of wicking away moisture from the rider
  - 4. May need to be adapted to look official
    - a. Department patches/soft badges
    - b. Silk-screening on back side "POLICE"
- D. Whistle
  - 1. Attached to a lanyard
  - 2. Breakaway cord
  - 3. Alerts motorists
- E. Gun Belt
  - 1. Nylon material
    - a. Resistant to wetness

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24 Hour 4350-23820-

Expanded Course Outline

- b. Weighs less than leather
      - c. Flexible
      - d. Durable
    - 2. Leather material
      - a. Absorbs moisture
      - b. Material will crack and deteriorate
      - c. Heavier less flexible
- F. Firearm
  - 1. Daily maintenance
    - a. Protects from moisture/rust
  - 2. Range Qualification
    - a. Use cycling glove
    - b. Document

**XIII. HANDLING SKILLS**

- A. Stair Descents
  - 1. Position rear-end to back of seat
  - 2. Extend arms out
  - 3. Use rear brake to slow down
    - a. Never use front brake
  - 4. Stay perpendicular to steps
    - a. Can descend at angle
  - 5. Too steep or numerous steps
    - a. Carry bike on shoulder
- B. Stair Ascent
  - 1. Use high gear
  - 2. Stay perpendicular to steps
  - 3. Continuous pedaling
  - 4. Flight of stairs
    - a. Quicker to pick-up bike and carry it
    - b. Possible damage to derailleur
    - c. Injury to officer
- C. Hopping Curbs
  - 1. Use high gear on approach
  - 2. Pull back on handlebars
    - a. Push down on pedal
    - b. Continue pedaling
- D. Terrain
  - 1. Sand, gravel and/or dirt
    - a. keep front wheel straight
    - b. avoid large rocks

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- c. Rear brake only
- 3. Railroad tracks
  - a. Approach at a right angle
- 4. Wet weather
  - a. Brakes are not as effective
  - b. Reduces visibility/traction
  - c. Ride slower
- 5. Steep Down-hills
  - a. Move back
  - b. Stay low
  - c. Use back brake mostly
  - d. Feather front brake

**XIV. SUBJECT/SUSPECT CONTACT**

- A. Initial Contact with a Subject
  - 1. Dismount
    - a. Never straddle bike
    - b. Loose balance if pushed over
  - 2. Hostile subject
    - a. Keep bike between you and subject
    - b. Defensive tool
    - c. Offensive tool
    - d. Diversion tool
  - 3. Bike can be used as a temporary barrier
    - a. Position bikes to prohibit flight of a possible suspect
- B. Cross-over Technique
  - 1. Used when approaching suspect from behind
    - a. Dismount bike from left side
    - b. Keep left foot on left pedal
    - c. Remove right foot from pedal
    - d. Lift right foot over bike
    - e. Plant right foot on ground
    - f. Left foot comes off of pedal
    - g. Right foot hits ground, lay bike down while walking up
    - h. Apprehend suspect with a control hold
  - 2. Two officers approaching suspect from behind
    - a. Same as above except bike officer on the left lays bike down first to avoid collision
- C. Chasing Suspect on a Bike
  - 1. One officer (point-man) pursue suspect close
  - 2. Other officer (wing-man) stay a distance away

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- a. Right or left side
- 3. Point man loses suspect
  - a. Wing-man positioned to take over pursuit
  - b. Tactics reversed until the suspect is apprehended
- D. Power Slide (broadie)
  - 1. Used to position yourself in front of suspect
    - a. Partner officer uses cross-over technique
  - 2. Can be used when pursuing suspect as a tripping device

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**DAY THREE**

XV. COURSE OVERVIEW AND REVIEW

- A. Handling Skills
- B. Subject/Suspect Contact

XVI. HANDLING SKILLS-PRACTICAL EXERCISES

- A. Stair Descents
  - 1. Perform
  - 2. Evaluation/Critique of technique
- B. Stair Ascent
  - 1. Perform
  - 2. Evaluation/Critique of technique
- C. Hopping curbs
  - 1. Perform
  - 2. Evaluation/Critique of technique
- D. Terrain
  - 1. Sand, gravel and/or dirt
  - 2. Railroad tracks
  - 3. Wet surface
  - 4. Steep down-hills
  - 5. Evaluation/Critique of technique
- E. Initial Contact with a Subject
  - 1. Dismount from bike
  - 2. Hostile subject
  - 3. Use as a temporary barrier
  - 4. Evaluation/Critique of technique
- F. Cross-over Technique
  - 1. Approach suspect from behind
  - 2. Apprehend suspect with a control hold
  - 3. Two officer approach
- G. Chasing Suspect
  - 1. One officer (point-man) pursues suspect close
  - 2. Other officer (wing-man) stays a distance away
    - a. right/left side
  - 3. Point man loses suspect
  - 4. Evaluation/Critique of technique
- H. Power slide (broadie)
  - 1. Perform
  - 2. Evaluation/Critique of technique

XVII. EXAMINATION AND COURSE EVALUATION