



# TRAINING ANNOUNCEMENT

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Announcement #07-12

May 4, 2007

**Course Title:** IPMBA Police Cyclist

**Date:** October 15 - 19, 2007

**Time:** 0700 - 1600 hrs.

**Course Description:**

This course will be instructed by IPMBA certified instructors and is designed to teach new bicycle patrol officers the basics of riding a bicycle under patrol condition, basic maintenance, and other bicycle-related skills. **This is a physically demanding course and all personnel should contact the academy for equipment and conditioning prerequisites. Students should begin training regularly on the bicycle at least 90 days in advance of this course.**

**Required Equipment:**

1. Heavy duty, multi-speed mountain bicycle, police model preferred
2. Pedal toe clips and straps
3. Water bottle and frame mounted bottle holder (2 recommended)
4. Front and rear lighting
5. Helmet, cycling gloves and padded cycling shorts
6. Wrap around style cycling sunglasses/safety glasses
7. Spare tire tube and tire changing levers
8. One box (50 rounds) of service weapon ammunition

**Recommended Equipment:**

1. Rain jacket and pants
2. Cycling tights (depending on weather)
3. Appropriate weight jacket (depending on weather)

**Student Requirements:**

1. Rider must be **capable of completing a 25 mile ride at a minimum average speed of 12 mph.**
2. Rider should have sufficient upper body strength to pull the front wheel of the bicycle off the ground a minimum of 8" while mounted on the bicycle.
3. Rider should be thoroughly familiar with the operation of bicycle to be used in the school including shifting gears etc.
4. All bicycles will be inspected by the instructors prior to the first training ride and any bicycle that is determined to be unsafe will not be permitted to be used during the course.

**In-service Credit:** 1 hour legal, 39 hours of career development

**Fee:** **No fee** for member agencies, \$150 per officer for non-member agencies.

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