

NOTHERN ILLINOIS TRAINING ADVISORY BOARD
Deborah L. Alms, Executive Director
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POLICE CYCLIST

Date: May 14-18, 2018 or May 21-25, 2018
Times: 0800-1700 hours
Wed or Thur: 1400-2200 hours for night ride (depending on weather)
Location: Freeport Police Department
320 W. Exchange Street
Freeport, IL
Instructor: Craig Wainman, IPMBA Instructor
Member Fee: \$0 Non-Member & Civilian Fee: \$300.00

This is a nationally certified course through the International Police Mountain Bike Association (IPMBA) and a state certified course through the Illinois Law Enforcement Training and Standards Board.

This is a training program for officers and first line supervisors in the practical application of a Police Bicycle Patrol. The school focuses on the use of the bicycle as a patrol vehicle. Participants will: 1) spend approximately half of each day riding their bikes and negotiating obstacles; 2) learn to safely handle their bikes while in traffic and while negotiating hazards; 3) learn to use the bicycle to make traffic stops, citizen and suspect contacts, and to safely handle the bicycle in pursuit situations.

The class content includes:

- ~ selection of uniforms and clothing
- ~ basic physical fitness & avoiding injury
- ~ critical situation riding techniques
- ~ traffic strategies and approach to calls
- ~ negotiation of basic obstacles
- ~ patrolling, vehicle stops & suspect stops
- ~ night patrol
- ~ community relations
- ~ pride ride
- ~ selection of bicycle & uniform accessories
- ~ bicycle nomenclature
- ~ basic maintenance, tire changing, brake & gear adjustments, lubrication and pre-ride safety inspection
- ~ pursuit and takedown
- ~ drug enforcement
- ~ negotiation of advanced obstacles

Partial funding provided by Illinois Law Enforcement Training and Standards Board

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*MTU#2's request for certification of this course has been approved by the
Illinois Law Enforcement Training and Standards Board*

Prerequisites:

- ~ full or part time law enforcement
- ~ all participants must be in good physical condition and have ample time in the saddle prior to the course
- ~ coverage by state or local industrial insurance for on-the-job injuries

Required equipment:

- ~ 18/21 speed quality mountain bike (no hybrids, 10 speeds or property room bikes)
- ~ bicycle helmet that meets ANSA 90.4 and SNELL memorial standards
- ~ protective eyewear
- ~ 100 round ammo
- ~ ballistic vest
- ~ eye and ear protection
- ~ department sidearm and duty gear

If you do not have any of this equipment, we recommend borrowing or renting.

Recommended equipment:

- ~ power grips or tow clips (no clipless systems)
- ~ water bottles
- ~ comfortable cycle clothes (uniforms are encouraged); uniforms and duty gear are required if you have them
- ~ basic tool kit
- ~ rain jacket
- ~ cycling gloves
- ~ cold weather gear, gloves, face masks, etc.

Some class hours may be adjusted due to weather conditions

These courses are full but you may be put on a waiting list

This course has been certified by the ILETSB and approved to meet the following mandates:

- | | | | |
|--------------------------|----------------------------|-------------------------------------|---|
| <input type="checkbox"/> | Civil Rights | <input type="checkbox"/> | Constitutional & Proper Use of Law Enforcement Authority |
| <input type="checkbox"/> | Cultural Competency | <input type="checkbox"/> | Procedural Justice |
| <input type="checkbox"/> | Human Rights | <input checked="" type="checkbox"/> | Law Updates |
| <input type="checkbox"/> | Lead Homicide Investigator | <input checked="" type="checkbox"/> | Use of Force (must include scenario based/similar training) |