

NORTHERN ILLINOIS TRAINING ADVISORY BOARD

Jeff Schelling, Executive Director  
527 Colman Center Drive \*\* Rockford, IL 61108  
Tel: 779-210-8422  
[www.nitab.org](http://www.nitab.org)

**POLICE CYCLIST**

Date: May 6-8, 2026                      **Registration Deadline: April 30, 2026**

Times: 0800-1600 hours

Location: Rockford Police – District 3  
557 South Newtowne Drive  
Rockford, IL

Instructor: Lt. Brandon Dillard, Rockford PD  
Brad Larson (Ret.)

Member Fee:                      \$0      Non-MTU Member – Non-Member Sworn: \$150

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**This course has been approved by ILETSB for the following mandates:**

**Civil Rights – 2.0**  
**Constitutional Use of LE Authority – 2.0**  
**Legal Updates – 2.0**  
**De-escalation Techniques – 6.0**  
**High Risk Traffic Stops – 7.0**  
**Law concerning stops, searches and use of force – 2.0**  
**Officer safety techniques – 4.0**

This 24-hour course will cover the following:

- Mountain bike nomenclature
- Bike maintenance
- Repairing flats
- Bike Patrol Tactics
- Installing bike on bike rack and car
- Braking
- Obstacles
- Car door simulation
- Obstacle course
- Group rides
- Equipment requirements/recommendations

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Partial funding provided by Illinois Law Enforcement Training and Standards Board  
This is not a Public Meeting.

Students will need the following equipment:

- -Helmet
- -Eye protection
- -Cycling gloves (full or half fingered)
- -Full cyclist uniform as approved by students agency
- -Body armor, and duty gear
- -Reputable police mountain bike with pedal retention
- -Front and rear reflectors, or lights
- -Water bottle
- -At least one inner tube
- It's recommended, but not required that students have a rear bicycle rack and rack bag.
- 100 rounds of pistol ammunition.

Students will be able to store their bikes at District #3 during the class.

We recommend that students bring weather appropriate gear. We will continue class rain or shine!