

San Jose Police Department
Bicycle Patrol Instructor
Expanded Course Outline

Day One

- I. Registration**
 - A. SJPD administrative record keeping
 - B. POST administrative record keeping

- II. Introduction / Course Objectives**
 - A. Instructors – name, police agency, service years, bike experience
 - B. Students – name, police agency, service years, bike experience, Basic Bike Patrol Certificate
 - C. Expectations – instructor / student
 - D. Objectives – must pass: timed obstacle course, complete student presentation

- III. Instructor Manual (The BOOK)**
 - A. Current manual origin
 - B. Future manual assignment
 - C. Chapter by chapter familiarization
 - D. SJPD specific information
 - 1. Uniform Specs
 - 2. Equipment
 - a. EMR protocols / 1st aid kit
 - b. Sag wagon / support vehicles / marked police car
 - c. Cones
 - d. Props for scenarios
 - 3. Record keeping
 - a. POST 2-110 Course Announcement
 - b. POST 2-111 Course Roster
 - c. POST 2-112 Instructor Resume
 - 4. Bike Shop purchases
 - a. credit card
 - b. purchase orders
 - c. open purchase orders
 - d. reputable shop
 - e. bike manufactures
 - f. tools / in-house versus shop repairs
 - 5. Instructor networking

- IV. Bicycle / Equipment Inspection**
 - A. Instructors will inspect student bicycles prior to use in class exercise
 - B. ABC Quick Check

- V. Formation Riding Protocol Review**
 - A. column of 1 and 2 riding
 - B. hazards
 - C. hand signals / verbal communications
 - D. passing parked cars, lane changes, intersection control
 - E. road guards and lane positioning
 - F. rules of the road will be strictly adhered to

- VI. Ride (Los Gatos Creek Trail)**
 - A. Medium length
 - B. Observe student abilities

- VII. Bike Clean-up**
 - A. Cleaning tools, compounds, water
 - B. Lubricants
 - C. Storage
 - D. Mechanical problems

Day Two

- VIII. Bike Fit / Maintenance**
 - A. Nomenclature / ABC Quick-check
 - B. Proper fit
 - 1. bike frame size / stand over height
 - 2. seat height / placement fore and aft
 - 3. handlebar height / placement
 - 4. professional fit (personal bikes)

- IX. Written Test/Group Table Top/Range**
 - A. Review of material
 - B. Test
 - C. Grading of tests
 - D. Remediation/retest as needed
 - E. SJPD Range
 - 1. SJPD Qualification Course
 - 2. Scenarios

- X. Instructor Development**
 - A. Adult Learning Concepts
 - B. Scenario development
 - C. Instructional aids

- XI. Confidence Ride (Alum Rock Park)**
 - A. Bike inspection
 - B. Observe students abilities

- C. Field repairs (tire, chain, breaks, derailleur)
- D. Bike clean up

Day Three

XII. Skill Ride I (Center for Performing Arts)

- A. Obstacle course set up and demonstration
- B. Obstacle course test
- C. Ride back to classroom

XIII. Student Presentations (Review of POST 24-hr. Basic Bicycle Patrol Course)

- A. Nutrition / Fitness / Stretching
- B. 1st Aid
- C. Nomenclature / ABC Quick-Check / Equipment / Fit
- D. Maintenance: Tire Change and repair / Chain breaks / Clean-up
- E. Mount / Dismount / Kickstand
- F. Cone Patterns: set-up / Slalom / U-turn-limbo bar / Power slide
- G. Cone Patterns: set up / Emergency breaking / Star / M-drill
- H. Up and Down Curbs / Up and Down stairs / Curb bumps
- I. Surfaces: dirt, gravel, sand, grass, asphalt
- J. Pedestrian contacts / Takedowns / Bike pursuits
- K. Vehicle stops
- L. Formation riding / Hand signals / Hazards
- M. Bike bag: what to carry on-duty

XIV. Bike Clean Up/Review

Day Four

XV. Student Presentations

- A. Legal Aspects of Bicycle Patrol
- B. Nutrition

XVI. Skill Ride II (Discovery Meadows)

- A. Bike inspection/stretch
- B. Cone pattern set up
- C. Instructor demonstration
 1. Mount, dismount, power slide
 2. Slalom, u-turn, limbo bar
 3. Slow race, follow the leader course
 4. Stairs, curb hop, curb bump
 5. Pedestrian contacts, pursuits
 6. Vehicle contacts, scenarios
 7. Formation riding

D. Student demonstration

1. Mount, dismount, power slide
2. Slalom, u-turn, limbo bar
3. Slow race, follow the leader course
4. Stairs, curb hop, curb bump
5. Formation riding (return to classroom)

XVII. Bike Clean Up/Review

Day Five

XVIII. Student Presentations

- A. Elective topics selected by each student

XIX. Course Completion/Recap

- A. Evaluations
- B. Certificates
- C. POST roster check