



# Northwest Illinois Criminal Justice Commission

Douglas E. Fargher, Regional Director  
2308 E. Lincolnway Suite E, Sterling IL 61081  
Phone: 815-288-6695- Fax: 815-288-6787- [www.mtu1.com](http://www.mtu1.com)

Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards

## 40 Hr. Police Cyclist

**DATE:** June 22-26, 2020

**Registration Ends:** May 22, 2020

**TIME:** 8:00 AM—5:00 PM 40 Hours

**Wednesday:** 2:00 P.M. – 10:00 P.M.-Night Ride

**LOCATION** Freeport Police Dept., 320 W. Exchange St, Freeport, IL

**INSTRUCTOR:** Craig Wainman, Certified IPMBA Instructor

This is a Nationally Certified Course through the International Police Mountain Bike Association (IPMBA).

**OBJECTIVES:** A training school for officers and first-time 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 eight-hour 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 Thursday session will involve firearms training.

**Some class hours may be adjusted due to weather conditions.**

### CLASS INCLUDES:

- \* Selection of uniforms and clothing
- \* Basic physical fitness and avoiding injury
- \* Critical situation riding techniques
- \* Traffic strategies and approach to calls
- \* Negotiation of basic obstacles
- \* Patrolling, vehicle stops & suspects stops
- \* Night patrol
- \* Community relations
- \* Pride ride
- \* Selection of bicycle & uniform accessories
- \* Bicycle nomenclature
- \* Basic maintenance, tire changing, brake and gear adjustments, lubrication and pre-ride safety inspection
- \* Pursuit and takedown
- \* Drug enforcement
- \* Negotiation of advanced obstacles
- \* Bicycles and firearms

### 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

**(See reverse)**



## **POLICE CYCLIST - cont.**

### **REQUIRED EQUIPMENT FOR EACH PARTICIPATING OFFICER:**

- \* 18/21 speed quality mountain bike (no hybrids, 10 speeds or property room bikes)
- \* Bicycle helmet that meets ANSI 90.4 and SNELL memorial standards
- \* Protective eyewear

If you do not have any of this equipment, we recommend borrowing or renting.  
Participants will be taught how to select the appropriate equipment.

### **RECOMMENDED EQUIPMENT:**

- \* Power grips or toe clips (no cliplless systems)
- \* Water Bottle(s)
- \* Comfortable cycle clothes (uniforms are encouraged)  
Uniforms and duty gear are required if you have them.
- \* Basic tool kit
- \* Rain jacket
- \* Cycling gloves
- \* Also cold weather gear, gloves, face mask, etc.
- \* **100 rounds ammo**
- \* **Ballistic Vest**
- \* **Eye & ear protection**
- \* **Department sidearm & duty gear**

**Class Size Limit is 10 and is shared by MTU#1 and MTU #2**

### **ENROLLMENT IS LIMITED.**

Partial funding provided by Illinois Law Enforcement Training and Standards Board and MTU#1's request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board

### **REGISTRATION:**

All registrations are received on the [MTU#1 website](#). Find Registration instructions [here](#)

**THIS IS NOT A PUBLIC MEETING**

***Mandated Annually***

- Law Updates     **Use of Force (must include scenario based or similar approved)**

**Mandated once every 3 years** (begin 1/1/16)

- Civil Rights                                     Constitutional and proper use of law enforcement authority  
 Cultural competency                         **Procedural Justice**                                     Human Rights

**Mandated once every 3 years** (begin 1/1/17 all / within 2 yrs. for investigators)

- Trauma Informed Response & Investigation of Sexual Assault & Abuse

**Mandated once every 3 years** (begin 1/1/18)

- Mental Health Awareness

**Mandated 32 hours every 4 years after initial training**

- Lead Homicide Investigator training

**Mandated once every 5 years /begin 7/1/18** (first (5) year cycle due by 1/1/2020)

- Domestic Violence Act.