



# Northwest Illinois Criminal Justice Commission

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

## Police Cyclist

**DATE:** May 8-10,2024

**Registration Ends:** April 30, 2024

**TIME:** 8:00 AM—5:00 PM 24 Hours

**LOCATION:** Rockford Police-District 3, 557 South Newtowne Rd, Rockford IL

**INSTRUCTOR:** Sgt. Brandon Dillard, Rockford PD-Brad Larson (Ret.)

### 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

### 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 round 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!

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

Mobile Team In-service Training Unit #1 (ASSIST) Program  
Illinois Law Enforcement Training and Standards Board  
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