



Northwest Illinois Criminal Justice Commission

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

Police Cyclist

DATE: May 14-18, 2018

Registration Ends: May 2, 2018

TIME: 8:00 AM—4:00 PM 40 Hours

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 clipless 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.