



General Information

Location: Hilton Tampa Downtown, 211 N. Tampa Street, Tampa, Florida 33602

Check-In: Thursday, May 15, 4:00pm-8:00pm, Friday, May 16, 6:45am-7:45am, Second Level Registration Desk. You will receive your namebadge and your program and be directed to the appropriate classroom. Bike Check will be open in the Tampa Hilton starting at 12:00pm on Thursday, May 15.

Schedule: The class will begin promptly at 8:00am on Friday. Please wear your full duty uniform. Your bike should be in the Bike Check area, fully assembled and ready to ride. Lunch will be served at noon each day. The class will end at approximately 6:00pm each day except Sunday, May 18, when class will be held from 1:00-10:00pm for Night Riding Operations.

Be Prepared to Work Hard: This demanding class involves over 20 hours of on-bike time to develop and improve your riding skills. The remainder of the 40 hours will be spent in classroom sessions. *Please read the letter of expectations in this packet.*

***Visual Aids:** Two presentations (mock teaching sessions, 10 and 15 minutes) are required during the class. If you are comfortable using certain teaching or visual aids (flipcharts, PPT, etc.), please bring them or come prepared to purchase them. You will be required to use two or more different visual aids during your presentations, and PowerPoint can only be used in one of them. Projection equipment and flipcharts will only be available for in-classroom use, but not for practice or preparation outside of the classroom.

Certification

The course concludes on Tuesday, May 20, at 6:00pm, with a graduation ceremony. *IPMBA Instructor Certificates* and numbers will be presented to those students who successfully complete the course.

MANDATORY EQUIPMENT & MATERIALS CHECKLIST

(If you lack the proper equipment or your equipment is unsafe, you will not be permitted to take the class.)

DUTY BIKE

- Reputable manufacturer mountain bike in good working order, properly fitted.
- Street/combination tires (size 26-29 x 1.5 - 26-29 x 2.1; no knobbies)
- Pedal retention devices (BMX-style platform pedals are not acceptable)
- At least one water bottle cage & bottle
- Hydration delivery system (recommended)
- Headlight (42 lumens at 10 feet)
- L.E.D. steady or flashing red taillight
- Rear mount kick stand
- Rear rack with full size rack bag
- Panniers (EMS students only)

TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Compact tire pump or CO₂
- Allen wrenches (4mm, 5mm, 6mm, 8mm)
- Wrenches (8mm, 10mm)

SAFETY EQUIPMENT

- Eye protection – wraparound, clear and tinted
- Bicycle helmet (ANSI, Snell or CPSC approved)
- Padded cycling gloves
- Body armor protective vest (if worn on duty)

ATTIRE

- Full duty uniform (worn daily)
 - Shirt
 - Shorts/Pants
- Shoes
- Foul weather gear
- Padded cycling shorts

FULL DUTY BELT

- (police and armed security)
- Firearm (optional; this class does not include live fire exercises)
 - Magazine
 - Keepers
 - Baton
 - Handcuffs
 - Cuff key
 - Flashlight

OTHER

- Pen/Pencil/Notebook
- Sunscreen
- Complete Guide to Public Safety Cycling (available from Jones & Bartlett, www.jblearning.com or (800) 832-0034)
- Instructional materials for in-class presentations* (see above)
- Flash drive, min 512KB
- Laptop computer (highly recommended)
- 25' tape measure (recommended)
- The enclosed PAR-Q (required) and medical clearance sheet (if indicated by the PAR-Q)
- IPMBA waiver (to be signed on-site)

If you have any questions about the course, please contact Lead Instructor Kirby Beck at Kirby@kbeckconsulting.com or 612-518-3096.



TO : Prospective **IPMBA Instructor**
FROM : Education Director

The International Police Mountain Bike Association (IPMBA) has been providing world-class training to public safety cyclists since 1991. IPMBA prides itself on the quality of its training programs and holds its instructors to the highest standards of excellence. In order to maintain IPMBA's high standards of instruction, the Education Committee and Governing Board have developed the IPMBA Instructor Course, in which qualified individuals learn how to effectively and consistently teach IPMBA principles to their fellow public safety bicyclists.

Before you graduate and become certified as an International Police Mountain Bike Association Instructor, you must meet the criteria set forth below. Your Instructor Trainer must confidently give an affirmative answer to these questions to ensure that the integrity of the IPMBA Instructor cadre is kept at the highest standard. Completion of this course does not guarantee certification; meeting these standards of excellence does.

- 1. Do you know the material contained in the *Complete Guide to Public Safety Cycling*?** The material in the *Complete Guide* is a compilation of knowledge and experience and represents thousands of hours of public safety cycling experience. As IPMBA Instructors, you will teach the practical skills and knowledge contained within this book. The very lives of your students and the public they serve may depend on your grasp of that knowledge. *To test your knowledge, a written basic knowledge test will be administered on the first day of the Instructor Course. You must score at least a 90% in order to advance in the course. Note:* if you are not permitted to advance, your course registration fee will **not** be refunded.
- 2. Can you present the material?** To be an effective instructor, you must not only know the material, you must be able to present it in a clear and concise manner. You will learn techniques for presenting the material in both the classroom and in the field. You will be evaluated on those techniques at several stages throughout the course. *You will be required to complete two prepared presentations of 10 and 15 minutes.*
- 3. Do you possess instructor-quality riding skills?** Students will gain confidence in their own skills only if they learn from an instructor who demonstrates exceptional cycling skills. Balance, stamina and smooth, flawless techniques are essential qualities that will win their confidence and motivate them to ascend to higher levels. *You will be expected to demonstrate the following maneuvers on the first day of the class: the four-foot Lock-to-Lock, four-foot Offset Serpentine, the nine-foot Slow Box, and curb/stair loft ascents and curb/stair descents. You must execute these moves successfully and look comfortable and confident as you perform them in order to advance in the class. Note:* if you are not permitted to advance, your course registration fee will **not** be refunded.
- 4. Do you possess good interpersonal skills? Do you communicate well with students and others?** An instructor's demeanor is one of patience, understanding and support. Some students will not comprehend the material or learn the techniques as readily as others. You will need strong interpersonal skills and the ability to deliver constructive criticism as well as positive feedback.
- 5. Can you perform as a solo instructor?** You must be able to deliver all the material, not just the parts of it that you like or in which you excel. Your students will look to you for a comprehensive course of instruction that will give them all the skills and knowledge they need to perform their duties as a public safety cyclist. You will be responsible for that instruction as you sign each roster that certifies that your course has been conducted in accordance with the requirements and procedures established by the International Police Mountain Bike Association.
- 6. Can you use multiple types of visual aids?** As an instructor, you have to be flexible in your teaching style. You may be confronted with settings that will require you to vary your usual teaching methods. To ensure that you – not your props – are the foundation of your course, you will be required to use at least two different types of visual aids during mock teaching sessions. Your options include, but are not limited to, flipcharts, projected computer based media, various items of equipment/gear related to the topic, etc. We suggest you give thought to which two you will use prior to arriving at the training site. This way you can obtain the materials of your choice in advance. Purchasing materials on-site may be costly and logistically difficult, considering the time constraints of attending the course during the day.

As a candidate for this course, you have demonstrated the excellence, the desire and the will to become part of an elite group of individuals: IPMBA Instructors. It is the desire of this organization to provide you with the most comprehensive, up-to-date and quality-controlled instruction available; and to enable you to serve as a positive role model and representative of your department and IPMBA.

This will not be an easy course. You will be required to pass rigorous practical and written tests, so re-familiarize yourself with the material in the *Complete Guide to Public Safety Cycling* (available from Jones & Bartlett, www.jblearning.com or 800-832-0034), and practice every skill and technique. Train yourself to think about identifying and correcting improper technique. Above all, make sure that you feel confident that by the end of the course, you will be able to answer "yes" to each of the above questions. If you have any questions, please contact me at education@ipmba.org. We look forward to welcoming you to our instructor cadre.

24th Annual IPMBA Conference & Expo



Tampa, Florida
May 16-23, 2014

Extraordinary
Training for
Public Safety
Cyclists

www.ipmba.org
info@ipmba.org
410-744-2400

www.ipmba.org ~ 410-744-2400

THANK YOU

for registering for the 24th Annual IPMBA Conference. It will transform the way you train and operate as a public safety cyclist.

This packet contains essential information for navigating the IPMBA conference. Please Read!

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keep reading →

welcome to the conference



Greetings from the 2014 IPMBA Conference Committee! We look forward to welcoming you to the 24th Annual IPMBA Conference in Tampa, Florida. **Please read this information carefully** and call 410-744-2400 or email events@ipmba.org with questions. Most events will take place at the **Hilton Tampa Downtown** and the surrounding area. Transportation will be provided to training sites that are not within cycling distance.



CHECK-IN

Hilton Tampa Downtown,
211 N. Tampa Street, Tampa.
Second floor registration desk.
See map included in this
packet.

Pre-Conference Courses

Thursday, May 15: 4:00pm-8:00pm

Friday, May 16: 6:45am-7:45am; 4:00-8:00pm

Saturday, May 17: 6:45am-7:45am; 4:00-8:00pm

Sunday, May 18: 6:45am-7:45am

Conference

Tuesday, May 20: 2:00pm-8:00pm

Wednesday, May 21: 7:00am-7:45am

Bring your *confirmation*, your completed *PAR-Q* (unless you submit it in advance), and your *authorization to participate in live-fire exercises* (if applicable and if you do not submit it in advance). You will sign a *waiver* and receive your *name-badge*, *program*, and *welcome bag*.

Important: Only those participants whose registration and membership fees have been **paid in full** with a credit card, check, or purchase order will be permitted to register. If your payment or proof of payment (PO or equivalent) has not been received by IPMBA, you will be required to pay on-site by check, cash, or credit card. IPMBA is not responsible for delays in the processing of refunds for duplicate charges resulting from failure to pay in advance.

COMMAND POST

Hilton Tampa Downtown, second floor registration desk. It will open at 12:00pm on Thursday, May 15, and close at 4:00pm on Friday, May 23. It will be staffed from 7:00am-8:00pm daily. Staff will be on-call when the Command Post is closed. Phone: 813-480-5625 (active May 15-23 only).



BIKE CHECK

Hilton Tampa Downtown (access via the pedestrian Esplanade, between Jackson and Whiting.) Open posted hours Thursday, May 15, 12pm, through Saturday, May 24, 12pm.

Hours of operation: 7:00am-9:00pm daily except Sunday-Monday, May 18-19 and Wednesday, May 21, (7:00am-10:00pm); Thursday, May 22 (7:00am-7:00pm); Friday, May 23 (7:00am-5:00pm); and Saturday, May 24 (7:00am-12:00pm). Staff will be on call at 813-480-5625 when the Bike Check is closed. You may drop your bike off at the Bike Check entrance and proceed to the Hilton front desk to check in and park your vehicle, or check in first, park your vehicle, and walk or ride your bicycle to the Bike Check.

Bikes will not be released without claim check or proof of ownership. *Note: neither IPMBA, Tampa PD, nor the Tampa Hilton accepts responsibility for the safety & security of bikes. Bring your lock and use it!* **Please...as a courtesy to others, no bikes in meeting rooms (except for a class) or hotel rooms!**

MECHANICAL SUPPORT

Tech Support, courtesy of **Volcanic Bicycles** and **Oliver's Cycles** will be provided in the Bike Check area during designated hours (TBA).



FIREARMS

Flying with Your Firearm: FAA Regulations for Commercial Airlines

1) Weapon must be declared at the ticket counter on date and time of departure; 2) Weapon must be unloaded; 3) Weapon must be in a locked hard-sided case and placed inside a lockable suitcase; 4) Ammunition must be locked in the case with the weapon; 5) Luggage must be placed in checked baggage. No mace or OC spray, no matter what size, is allowed on board. *Note: Different airlines have*



need to know

different policies. Some ticket agents require you to actually remove the weapon so they may inspect it, while others simply take your word. Do not be surprised if you are asked to prove that it is unloaded and that your ammunition is packed properly.

Under the provisions of H.R. 218, the Federal Law Enforcement Officers Safety Act, police officers are authorized to carry firearms in all states.

International Attendees: Instructions for Temporary Importation of a Firearm into the US

Residents of friendly nations can temporarily bring a firearm and ammunition into the U.S. for the purpose of participate in a training exercise by doing the following:

- 1) Obtaining a letter of invitation, on letterhead, from the organizer (or applying for and obtaining a hunting license).
- 2) Completing ATF Form 6NIA for temporary importation of a firearm by a non-resident alien, available from IPMBA or www.atf.treas.gov.
- 3) Submitting the application and invitation letter at least 6-8 weeks prior to the travel date.

Instruction #4 of Form 6NIA does not exempt conference participants from the permit requirements because training is not considered "official law enforcement business."

Upon approval, the permit will be sent to the applicant. At customs, the individual must declare the weapon/ammo and present both the permit and invitation. For more information, contact the Firearms & Explosives Imports Branch at ++304-616-4550.

Weapons left in hotel rooms should be stored out of sight. Housekeeping will not service rooms if weapons are visible.

LUNCHES

Lunches will be served to registered attendees from Friday, May 16 – Thursday, May 22. To request special meals, contact events@ipmba.org as soon as possible.

SELLING OF MERCHANDISE/ UNIT GOODS

All proceeds from sales of unit goods must be for the benefit of the unit or a charitable organization. Any seller of merchandise for personal profit will be required to pay the \$595 exhibitor fee or immediately cease sales.

WEATHER

Average temperatures range from low of 70°F (21°C) to a high of 87°F (21°C). It will be sunny and humid. Pack lots of sunscreen. There is moderate chance of spring showers. Be prepared! As Mark Twain said, "Climate is what you expect. Weather is what you get".



CECBEMS CE's

The Continuing Education Coordinating Board for EMS (CECBEMS) Continuing Education Credits will be available as follows:

Pre-Conference Training:

- Bicycle Response Team Training for Police and EMS: 24 hrs
- EMS Cyclist Course: 32 hrs
- EMS Cyclist II Course: 24 hrs
- Instructor Course: 40 hrs

Credits are made possible through a partnership with Cypress Creek EMS (www.ccems.com).

RAFFLE!



Safariland-Kona 29er Patrol Bike!

MSRP: \$1589

Raffle Ticket Price: \$10 each or 6 for \$50

Tickets will be on sale at the Command Post throughout the pre-conference and conference.

The drawing will be held on Thursday, May 22, at the competition awards ceremony at Columbia Restaurant.

You need not be present to win. An appropriately sized bike will be shipped to the lucky winner.

logistics



getting here

Tampa International Airport, seven miles from downtown, is served by Air Canada, American, Delta, Frontier, JetBlue, Southwest/AirTran, Spirit, Silver, Sun Country, United, and USAirways. Saint Petersburg-Clearwater airport is approximately 18 miles from the Tampa Hilton.



The charge for bicycle transport is \$0-\$150 each way based on the airline and the bike's weight and dimensions. Bikes must be boxed or packed in hard cases. Due to increased security measures, please allow extra time at the airport.

Important: For complimentary shuttle service (from Tampa airport only), contact Officer Jesse Horn at jesse.horn@tampagov.net or 727-364-8723. Leave your name, email address, phone number, airline, flight number, arrival date and time, and whether or not you will be traveling with your bicycle. If you do not receive confirmation within five business days, please assume your information was not received and resend it. There will be a reception area at the airport for arriving conference attendees in the baggage claim area.

If your flight is cancelled or delayed, or you decide on alternate transportation after arranging shuttle service, please call 813-480-5625 (Command Post).

Blue One Transportation provides shuttle service between the airport and the Hilton for \$13 per person each way. Call 813-333-3598 to reserve.

Tampa can be easily reached via I-75, I-275, I-4, and US 301. It is 60 miles from Orlando and within 500 miles of Miami, Jacksonville, Birmingham, New Orleans, Atlanta, Charleston, and Charlotte.

where to stay ←

Hilton Tampa Downtown, 211 North Tampa Street, Tampa FL 33602. Rate: \$104 single/double; \$124 triple; \$144 quad + 12% tax. Call 813-204-3000 **by April 25, 2014**, and ask for Group Code PMBA (note: no "I"), or book online at <https://resweb.passkey.com/go/IntlPoliceMountainBikeAssn>. **Note:** Reservations must be made using the weblink or by calling the hotel directly. Because most of their rooms are being held for IPMBA, discount travel websites may show that the hotel is sold out over the conference dates. A portion of the room rate will be used to offset conference expenses.

→ where to park

Parking at the Hilton is \$16/day (surface self-parking) or \$20/day (valet garage). If you will be towing a trailer, please contact Officer Jesse Horn at jesse.horn@tampagov.net or 727-364-8723 to arrange parking at the University of Tampa. Alternative parking is available at the Fort Brooke Garage at 107 N. Franklin Street (at Whiting). The cost is \$1.60 per hour, with a maximum of \$9.50 per day. The garage is attached to the hotel via skywalk and easily accessible from the bike check area.

bike shipping/rental



Bicycle Shipping Oliver's Cycles,
www.oliverscycles.com

You must make arrangements for shipping and other services in advance.

Contact: Randy Myhre
Phone: 813-910-0207
Email: oliverscycle@verizon.net

Package Includes: Storage, assembly and adjustment, delivery to and pick-up from conference site, disassembly, packing, and return shipping (continental U.S. only) using conventional bike boxes (8" x 34" x 56"). Contact for international shipping charges or charges for hard or oversized cases.

Cost: \$210, including return shipping within continental U.S. only, and only using conventional bicycle boxes (8" x 34" x 56"). Oversized boxes and hard cases may be subject to additional charges. Bicycles will be repacked in the packaging in which they arrive. Attach your name and contact information to the frame. Do not ship personal items with the bike.

Shipping Address: You must ship your bike *at least fourteen business days* prior to your date of arrival. **Any bikes received three days or closer to the event may be subject to a rush fee of \$40.**

Ship to: [YOUR NAME]/24th Annual IPMBA Conference/
c/o Oliver's Cycles/18055 Highwoods Preserve Road,
Tampa FL 33647.

Arrival Date: [DATE YOU WILL ARRIVE IN TAMPA].

Bikes will be delivered to the Bike Check at the Hilton prior to your arrival.

For more information about packing and shipping your bicycle, as well as to compare options for shipping and flying with your bike, visit www.bikeflights.com. (For informational purposes only. This is not an endorsement.)

Bicycle Rentals Bike rentals are not available.



what to bring

clothing

- Full duty uniform
- Foul weather gear
- Off-road riding clothes (if applicable)
- Shop apron/work clothes (for maintenance sessions)

bike equipment

- Reputable manufacturer mountain bike in good working condition, properly fitted to the rider
- Street/combo tires (size 26-29 x 1.5 - 26-29 x 2.1; no knobbies)
- Pedal retention (not BMX-style platform pedals)
- At least one water bottle cage & bottle
- Hydration delivery system (recommended)
- Rear rack & rack bag
- Rear red light
- Rear-mount kickstand
- Headlight if participating in a night class
- Off-road tires (optional, but strongly recommended for off-road sessions)
- Basic tool kit (patch kit, tire levers, spare tubes, compact tire pump or CO₂)

safety equipment

- Helmet (required for all on-bike activity)
- Padded cycling gloves
- Eye protection, clear and tinted
- Bug spray
- Sunscreen

police/security

- Full duty belt
- Duty holster
- Handcuffs
- Firearm (required only for live-fire sessions) with duty holster
- Body armor if worn on duty (optional; required for firearms training)

ems

- Panniers (weight will be provided for EMS classes)

workshop-specific

Bicycle-Related Firearms Fun

- Bike and mandatory safety equipment (derailleur guard recommended)
- 300 rounds (frangible) and handgun
- Duty rig and body armor
- Foam ear protection
- Duty eyewear (not shooting glasses)
- Bike gloves
- Authorization to participate in live fire exercises

Creating Standard Operating Procedures/Policy Manual

- Flash drive for materials

EMSCI to PCI/SCI Transition (Active EMSCIs Only)

- Duty rig
- Copy of law enforcement credentials (if applicable)

EMS Tactics & Street Survival

- EMS panniers

Event Planning/Threat Assessment

- Panniers (EMS only)

HAZMAT/WMD Initial Response

- Laptop or smart phone (recommended)

Healthy Eating on the Run

- Laptop or smart phone (recommended)

Introduction to Bike Maintenance

- Bike
- Allen wrench set (2, 2.5, 3, 4, 5.8mm)
- 8/10 open wrench for older bike models
- Set of three tire levers
- Patch kit
- Two cleaning towels & three grease rags
- Bucket
- Workstand (if possible)

Intermediate Bike Maintenance

- Bike
- Allen wrench set (2, 2.5, 3, 4, 5.8mm)
- Set of three tire levers
- Patch kit and compact pump or CO₂
- Headset wrench
- Crank puller for your bike
- Chain tool (master link if possible)
- Cassette remover
- Adjustable wrenches
- Pedal wrench
- Set of metric box-end wrenches (5-17mm)
- Chain lube
- Two cleaning towels & three grease rags
- Workstand

On the Street II: Advanced Firearms Skills for Bike Officers

- Bike and mandatory safety equipment (derailleur guard recommended)
- 150 rounds (frangible) and handgun
- Duty rig and body armor
- Foam ear protection
- Duty eyewear (not shooting glasses)
- Bike gloves
- Elbow and knee pads (optional)
- Authorization to participate in live fire exercises

PCI/SCI to EMSCI Transition (Active PCIs/SCIs Only)

- Panniers & rack bag

Urban Night Operations & Team Building

- Three-way socket wrench, patch kit, chain tool
- On-body hydration system, water bottle
- Flashlight, high-intensity headlight with four-hour run time, taillight

Wheel Truing

- Truing stand
- Spoke wrench
- Bike wheel

Youth Bicycle Safety Education

- Flash drive for materials

conference workshop schedule

Wednesday, May 21, 2014

0800-0900 Opening Ceremonies Keynote: Boston Marathon Bombings**

0915-1030

- Bike Use in Transit Police Departments
- Get Your Explorers on Bikes!
- Youth Bicycle Safety Education

0915-1200

- Cone Course Construction for Instructors
- Creating a Department-Affiliated HS MTB Team
- Defensive Tactics & Close Quarter Bike Movements
- How to Become an IPMBA Instructor
- MMR Skill Clinic: Introduction to Technical Riding
(limit one MMR clinic per person)
- Tactical Considerations for Bike Patrol
- Wheel Truing

0915-1645 (Continued after lunch)

- EMS Tactics & Street Survival
- PCI/SCI to EMSCI Transition Course

**CONFERENCE SCHEDULE AND
INSTRUCTORS SUBJECT TO CHANGE.
VISIT WWW.IPMBA.ORG FOR UPDATES.**

1045-1200

- Back to Basics
- Healthy Eating on the Run
- Liquid Assets
- Self Aid/Buddy Aid (SABA) for Public Safety Cyclists, *sponsored by Attentus Medical Sales*
- Using Bikes Effectively in Schools

1215-1300 Lunch; Exhibit Hall Open 11:00am-2:00pm

1400-1515

- Creating Standard Operating Procedures/Policy Manuals
- Dude, Where's My Bike?, *sponsored by Kryptonite*
- Singletrack High: High School Mountain Biking as Gang Deterrent

1400-1645

- BRT and the Constitution
- Mountain Bike Use in Urban Search and Rescue

1400-1815

- Bicycle-Related Firearms Fun
- Going against the Grain: Intro to BRT Tactics
- HAZMAT/WMD Response
- Introduction to Bike Maintenance
- MMR Skill Clinic: Intermediate Technical Riding
(limit one MMR clinic per person)

**Workshops shown in red involve on-bike exercises.
Consult program on-site for meeting location.**

1700-2115

- Urban Night Operations and Team Building, *sponsored by Cygolite*

Thursday, May 22, 2014

0815-1100

- BRT and the Constitution
- Cone Course Construction for Instructors
- Creating a Department-Affiliated HS MTB Team
- Defensive Tactics & Close Quarter Bike Movements
- Mountain Bike Use in Urban Search & Rescue
- Tactical Considerations for Bike Patrol

0815-1230

- Bicycle Rodeos: From A to Z
- Going Against the Grain: Intro to BRT Tactics
- Intermediate Bike Maintenance
- MMR Skill Clinic: Advanced Technical Riding
(limit one MMR clinic per person)
- On the Street II: Advanced Firearms for Bike Officers

0815-1500 (Continued after lunch)

- Airport Bicycle Operations for Police and EMS
- EMSCI to PCI/SCI Transition Course
- Event Planning and Threat Assessment

1115-1230

- Back to Basics
- Bike Use in Transit Police Departments
- Get Your Explorers on Bikes!
- Healthy Eating on the Run
- Singletrack High: High School Mountain Biking as Gang Deterrent

**DO NOT SELECT MORE THAN ONE
WORKSHOP PER TIME SLOT. CHECK TIMES
CAREFULLY TO ENSURE THAT YOUR
SELECTIONS DO NOT OVERLAP OR
CONFLICT WITH ONE ANOTHER.**

1245-1330 Lunch

1345-1500

- Creating Standard Operating Procedures/Policy Manuals
- Dude, Where's My Bike?, *sponsored by Kryptonite*
- Liquid Assets
- Self Aid/Buddy Aid (SABA) for Public Safety Cyclists, *sponsored by Attentus Medical Sales*
- Using Bikes Effectively in Schools
- Youth Bicycle Safety Education

Friday, May 23, 2014

1700 Obstacle Course Competition (Register On-Site)

0900-1145

- Tour de Tampa

0800-1500

- Bicycle Response Team Instructor Seminar

Cancellations

Wednesday, May 21, 2014
Preventing & Combating RFID
Theft, 9:15am-10:30am

**Note: Boston Marathon Bombings: Lessons Learned will be presented as the keynote address during the Opening Ceremonies instead of as workshops. If you registered for a Boston Marathon Bombings workshop, please email your alternate selection to events@ipmba.org.

highlights



EXHIBITS

Tuesday, May 20, 4:00-8:00pm

Wednesday, May 21, 11:00am-2:00pm and
5:00-8:00pm. Reception sponsor: **Mocean!**

Exhibitors:

425 Inc/Guardian Angel
4Bike-Police.com
ABUS Mobile Security
Attentus Medical Sales
Bratwear
CeraSport
Cygolite
Haix North America
Hero Kit
ISM Saddles
Kryptonite
Mocean Uniforms
National Association of School Resource Officers
National Interscholastic Cycling Association
Police Bike Store
Police Security Expo
Police Stuff
The Safariland Group
TRM Sales, LLC.
Volcanic Bicycles

Other Supporters:

Bar Mitts
Cane Creek
Cycle Aware
EMS World
Ergon USA
Gloworm Bike Lights US
Holster Light
iFORCE Bicycles
Mobile Edge
NLEOMF
Officer.com
Olympic Uniforms
Polar Bottle
Police Magazine
ProGold
R&B Fabrications
RAND Brands
Safeguard Armor
Sock Guy
Street Crimes Seminar
US DOJ/COPS Office
Whistles for Life
Zoic

OPENING CEREMONIES

Wednesday, May 21, 8:00am, Bayshore Ballroom.

Keynote Address: **Boston Marathon Bombings: Lessons Learned**

Join Deputy Superintendent Neil Blackington of Boston EMS for an in-depth look at the events of April 15, 2013, when terrorists struck near the finish line of the Boston Marathon.

This program will examine the bombings and emphasize the importance of pre-planning, training, and operational discipline during a prolonged, multi-agency event. You will gain a new appreciation for the importance of pre-planning, multiple casualty management, and inter-agency communications and operations.

Incidents like the Boston Marathon bombings highlight the need for training and preparation for events of any size.

Deputy Superintendent Blackington has been in public safety for more than 40 years, including 35 with Boston EMS. His career spans Field Operations, Special Operations, and Special Projects. He has worked as a police officer, firefighter, ski patroller, PSD contractor, self-defense instructor, and tactical EMS provider and trainer. In 2004, he served as the lead EMS Liaison Officer to the US Secret Service Multi-Agency Command Center during the DNC. He has been an IPMBA member since 1999 and an IPMBA Instructor since 2000.



Note: This presentation replaces the three *Boston Marathon Bombings* workshops.

competition



Thursday, May 22, 2014 ~ Julian B. Lane Riverfront Park

Bike Parade Muster: 3:30pm

Bike Parade Departure: 3:45pm

Group Photo: 4:15pm

Course Walk-Through and Safety Briefing: 4:30pm

Competition: 5:00pm

Dinner & Awards Ceremony: 6:45pm, Columbia Restaurant

Columbia Restaurant Welcomes You to Historic Ybor City! Enjoy food, beverages, and entertainment in Florida's oldest restaurant! Established in 1905, Columbia Restaurant is famous for its authentic Spanish and Cuban cuisine and seafood. Transportation to and from Columbia Restaurant will begin shortly after the conclusion of the competition. Medals will be presented and raffle prizes drawn!

Public Safety Category (Police, EMS, Security): Individuals or teams of four. Mixed teams (e.g., two police, one EMS, and one security) are permitted. **Team members must register at the same time. If all of your team members have not registered by 9am on Thursday, you will ride as an individual only. You will NOT be assigned to a team.**

Medals will be awarded to the top three teams and the top two winners in the following age groups: Male under 30, Male 30-39, Male 40-49, Male 50+, Female under 30, Female 30+.

Open Category (vendors, guest presenters, and guests): Individuals. Medals will be awarded to the top three riders.

NAME: _____ **AGE:** _____ **CELL # or ROOM #:** _____

AGENCY: _____ **CITY, STATE:** _____

CIRCLE: Male Female Police EMS Security Open (specify): _____

TEAM NAME: _____

TEAM MEMBERS:

1) _____

2) _____

3) _____



Brief Bio/Fun Facts about Me: _____

Release of Liability

I, _____, having registered for the annual IPMBA mountain bike competition, and being fully aware of the risks of injury and death, hereby save and hold harmless the International Police Mountain Bike Association, the City of Tampa, the Tampa Police Department, as well as their partnering agencies, agents, volunteers, or employees from any and all causes of action, suits, debts, damages, judgments, and demands whatsoever arising from my participation in this IPMBA Mountain Bike Competition Course. I further acknowledge that neither IPMBA, the City of Tampa, the Tampa Police Department, or their partnering agencies, volunteers or employees, will be held responsible for any injuries or death that may be caused by negligence of the persons or entities listed above during my participation in this competition.

I affirm that I am in good physical condition and do not suffer from any disabilities that would prevent, or limit, my participation in this competition. Furthermore, I freely and voluntarily assume any and all risks known or unknown to me that are inherent to being a participant in this competition. I acknowledge that I have read and understand the rules on the reverse of this page. I also grant permission to IPMBA to use any photos or videos of me taken in conjunction with this competition.

Signed: _____ Date: _____

course rules



COURSE. There will not be a pre-ride of the course prior to the event. A course layout will be available at the Command Post throughout the pre-conference and conference. There will be a walk-through and demonstration of the course upon arrival at the event site.

COMPETITORS ON COURSE. Only one competitor at a time may start the course. Depending on the course length, more than one competitor may be allowed on the course; however, there shall not be more than two participants on the course at any one time. The Competition Coordinator, the Starting Coordinator and the Safety Officer will jointly determine if the course can safely accommodate more than one rider at one time. Depending on course size and number of participants, starts will be spaced approximately 1-3 minutes apart. Competitors will not be allowed to start in a “head to head” fashion.

WALK-THROUGH. Upon completion of the walk-through and demonstration, all riders must be within the staging area, ready to ride. Riders will be prompted to move to the starting line at their respective times. No rider will be allowed to ride the competition course if a liability waiver is not signed or if the Starting Coordinator, who will conduct a safety inspection, deems the rider to be in non-compliance with any equipment or safety requirements.

STARTING. No one other than the participant will be allowed in the starting chute at the time of the start. The start will be from a standing, power pedal position. There will be no rolling starts and no assisted starts. All starts will begin from a dead stop. Upon being called, riders will move to the starting line, be asked if they are ready, and then be told to “go”.

OBSTACLES. Each participant must negotiate all obstacles on bike or on foot, at the discretion of the rider. A rider may not circumnavigate an obstacle to enhance their final time. If a rider does not complete an obstacle cleanly, he/she will be required to go back and attempt the obstacle again. A participant need only make a second attempt to cleanly complete the obstacle before continuing on, whether or not they are successful on the second try.

FALLS. Falls, or damage to the bike as a result of a fall or operator error, are not grounds for re-ride. A judge may award a re-ride in the event of a flat tire or other unforeseeable mechanical failure, if a spectator or another rider impeded the rider, or if the course is called “cold” due to some safety concern. Re-rides will take place at the end of the competition, after all riders have completed their runs.

FINISH. A rider’s time will end with his/her front tire crossing the finish line. A rider may carry his/her bike across the finish line to complete the course.

UNIFORMS AND EQUIPMENT REQUIREMENTS. As described previously, teams may be mixed, combining riders from all public safety cycling professions.

MINIMUM EQUIPMENT NEEDS.

Properly Maintained Mountain Bike: Riders are strongly encouraged to ride their department-issued mountain bikes, set up for patrol. However, riders who are not permitted to bring their duty equipment to the conference and/or who have rented bikes (if available) will be permitted to compete if the bike is equipped in a substantially similar manner to a typical duty bike. Bikes will be checked by the Starting Coordinator to ensure that they are properly equipped. The Starting Coordinator will also conduct a safety inspection of the bicycle and rider. Inferior bicycles will not be permitted. Any rider in any category who does not meet proper safety measures will not be allowed to ride. Because some departments allow knobby tires on patrol bikes due to local riding conditions, slicks, combination and knobby tires will be all accepted. However, it is *strongly recommended* that knobby tires *not be used* during the competition.

PUBLIC SAFETY CATEGORY

- Helmet, gloves, eye protection and pedal retention devices ARE required. No exceptions.
- Duty uniform
- Duty belts and duty gear for police and security officers are NOT required.
- Body armor is NOT required.
- EMS riders are NOT required to carry panniers with weight.

OPEN CATEGORY

- Helmet, gloves, eye protection, and pedal retention ARE required. No exceptions.





DOWNTOWN TAMPA RESTAURANTS

- 1 Bamboozle Café
- 2 Bruegger's Bagels
- 3 City Street Deli
- 4 Columbia Café at the Tampa Bay History Center
- 5 Eddie & Sam's Pizza
- 6 Family Downtown Café
- 7 First Watch Restaurant
- 8 Five Guys Burgers and Fries
- 9 Fly Bar & Restaurant
- 10 Fresh
- 11 Gilligan's Hideaway
- 12 Hattrick's
- 13 Indigo Coffee
- 14 Inside the Box
- 15 International Café
- 16 TooJay's Gourmet Deli (opening Summer 2014)
- 17 Jerk Hut Jamaican Grille
- 18 Jimmy John's
- 19 Kahwa Coffee Roasting & Deli
- 20 Kahwa Espresso Bar
- 21 Kurdi's Meditteranean Grill

- 22 L'Eden Restaurant & Bar
- 23 L'Eden Café - USF CAMLS
- 24 The Loading Dock Sandwich Pub
- 25 Lonni's Sandwiches, etc.
- 26 Malio's Prime Steakhouse
- 27 Metro Restaurant & Lounge
- 28 Mise en Place
- 29 Moxie's Café
- 30 Orient Express Restaurant
- 31 Original Grill Station
- 32 Paninoteca Mediterranean Grill
- 33 Pita's Republic
- 34 Pizzaiolo Bavaro
- 35 Primos Deli Café
- 36 The Sail Pavilion
- 37 Samaria Café
- 38 Sono Café at the Tampa Museum of Art
- 39 Spain Restaurant/Toma Bar
- 40 Sumo's Thai Café
- 41 The Taco Bus
- 42 TAPS Restaurant, Bar & Lounge
- 43 Tropical Smoothie Café

- 44 Urban Cantina
- 45 Yacht StarShip Dining Cruises
- 46 Zudar's Deli, Catering & Baking Company
- 47 Channelside Bay Plaza (Hooters, Precint Pizza, Splitsville and Tinatapa's)

Tampa Marriott Waterside
 - Champions Sports Bar
 - Waterside Grill

Embassy Suites DT
 - Trolley's American Cafe
 - Starbucks

Hilton Tampa DT
 - 211
 - Starbucks

Sheraton Tampa Riverwalk
 - Ashley Street Grille

Westin Tampa Harbour Island
 - 725 South

For the most accurate and up-to-date restaurant listing in the Downtown Tampa area, please go to VisitTampaBay.com

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

| YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of <u>any other reason</u> why you should not do physical activity? |

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



PAR-Q & YOU

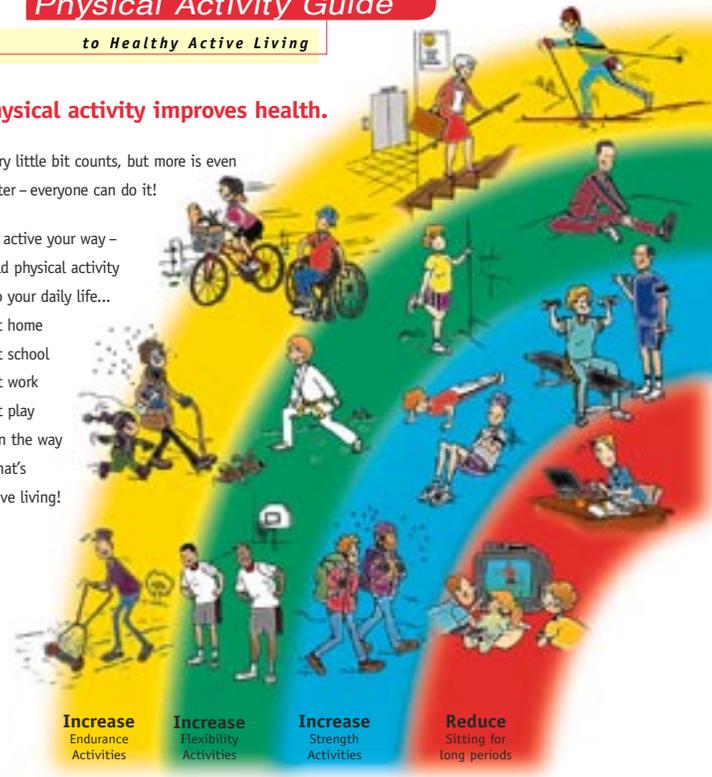
CANADA'S
Physical Activity Guide
to Healthy Active Living

Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



Choose a variety of activities from these three groups:

Endurance
4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility
4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength
2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or www.paguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

| Time needed depends on effort | | | | |
|-------------------------------|------------------|------------------|-----------------|----------------|
| Very Light Effort | Light Effort | Moderate Effort | Vigorous Effort | Maximum Effort |
| • Strolling | • Light walking | • Brisk walking | • Aerobics | • Sprinting |
| • Dusting | • Volleyball | • Biking | • Jogging | • Racing |
| | • Easy gardening | • Raking leaves | • Hockey | |
| | • Stretching | • Swimming | • Basketball | |
| | | • Dancing | • Fast swimming | |
| | | • Water aerobics | • Fast dancing | |
| Range needed to stay healthy | | | | |

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity: Health risks of inactivity:

- | | |
|--|--|
| <ul style="list-style-type: none"> • better health • improved fitness • better posture and balance • better self-esteem • weight control • stronger muscles and bones • feeling more energetic • relaxation and reduced stress • continued independent living in later life | <ul style="list-style-type: none"> • premature death • heart disease • obesity • high blood pressure • adult-onset diabetes • osteoporosis • stroke • depression • colon cancer |
|--|--|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology
202-185 Somerset Street West
Ottawa, ON K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565
Online: www.csep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».

IPMBA MEDICAL CLEARANCE FORM

If you answered "Yes" to any of the questions on the PAR-Q, you must have this form completed prior to enrolling in the IPMBA Course. If you answered "No" to all of the questions on the PAR-Q, it is not necessary to return this form.

Course Date: _____

Dear Medical Professional:

The person you are now seeing would like to participate in an on-bike training course developed by the International Police Mountain Bike Association (IPMBA) and taught by a certified IPMBA Instructor.

Because this person answered "yes" to one or more questions on the Physical Activity Readiness Questionnaire (PAR-Q), medical clearance is required to participate in the training. Please be aware that IPMBA Courses are physically demanding, requiring an extensive amount of on-bike exercises, in the form of rides (both on- and off-road) and various bike-handling drills. The courses range in duration from three to five days.

Based on this individual's medical history and current medical status, please conduct an appropriate medical screening and indicate below whether in your opinion, he/she is approved to attend this training:

Patient's Name: _____

- Yes, this person has been screened and **is** approved attend the training course.
- No, this person has been screened and **is not** approved to attend this training course.

Signature: _____ Date: _____

Name, Printed: _____

Address: _____

Telephone: _____

Please fill out and return immediately to:

Department Name: _____

Attention: _____

Address: _____

Phone: _____ Fax: _____ Email: _____

Please send a copy of this completed form to the individual screened. Any questions should be addressed to the above-listed contact person. Thank you for your assistance.