



Thank you for your interest in the IPMBA Police-EMS-Security Cyclist II Course. This document contains the following to familiarize you to the IPMBA curriculum:

IPMBA Police-EMS-Security Cyclist II Course Fact Sheet: this is an overview of the various components which comprise the course.

IPMBA Police-EMS-Security Cyclist II Course Model Schedule: this is the model schedule for the 24-hour IPMBA Police-EMS-Security Cyclist II Course.

IPMBA Police-EMS-Security Cyclist II Course Required Materials & Equipment Checklist: this provides a list of material and equipment generally required of all students enrolling in the IPMBA Police-EMS-Security Cyclist II Course.

IPMBA Unit Plans: this contains Unit Plans for each unit of instruction comprising the IPMBA Police-EMS-Security Cyclist II Course.

Please contact IPMBA at www.ipmba.org, info@ipmba.org or 410-744-2400 with questions, more information, or for assistance in locating an IPMBA Police-EMS-Security Cyclist II Course.

IPMBA promotes the use of bikes for public safety, provides resources and networking opportunities, and offers the best, most complete training for public safety cyclists.



POLICE - EMS - SECURITY CYCLIST II COURSE FACT SHEET

Course	Police-EMS-Security Cyclist II Course
Length	24 hours
Intended Audience	Law enforcement officers, EMS Providers, and security officers
Lectures	<ul style="list-style-type: none"> • Bicycle Fit • Event Planning • Use of Bikes for Search and Rescue • Basic Maintenance and Emergency Repairs
Scenarios	Scenario based training designed for law enforcement, EMS, and security cyclists
Skills Practiced	<ul style="list-style-type: none"> • Falling Techniques • Basic Course Skills Review • Advanced Skill Development • Search and Rescue Practical Exercise • Off-Road Skill Development • Basic Maintenance and Emergency Repairs
Equipment and Materials	See <i>Required Equipment and Materials Checklist</i>
Successful Completion	<p>Certificate of Completions are available to those who successfully complete the course requirements. In order to be eligible for an IPMBA certificate of completion, an individual must:</p> <ul style="list-style-type: none"> • Obtain a satisfactory rating on all on-bike activities. • Miss no more than 10% of the class time. • Be a member of or join IPMBA. <p>Submit the membership and certification application and fee.</p>



POLICE - EMS - SECURITY CYCLIST II COURSE MODEL SCHEDULE

Day One

Check In	Registration / Equipment Inspection	
Introduction	Welcome and Course Overview	15 Minutes
Lecture and Skill Station	Bicycle Fit	60 Minutes
Break	Break	15 Minutes
Skill Station	Landing Techniques	60 Minutes
Skill Station	Skills Review	90 Minutes
Lunch		60 Minutes
Skill Station	Advanced Skill Development	240 Minutes

Day Two

Lecture	Event Planning	60 Minutes
Skill Station	Public Safety Cycling Scenarios	180 Minutes
Lunch		60 Minutes
Lecture and Skill Station	Use of Bikes for Search and Rescue	240 Minutes

Day Three

Skill Station	Advanced Skill Development	240 Minutes
Lunch		60 Minutes
Lecture and Skill Station	Basic Maintenance and Emergency Repairs	180 Minutes
Course Conclusion	Graduation, Evaluations, Concluding Remarks	30 Minutes



IPMBA POLICE – EMS - SECURITY CYCLIST II COURSE REQUIRED EQUIPMENT & MATERIALS CHECKLIST

DUTY BICYCLE

- 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 measured at 10 ft.*)
- L.E.D. steady or flashing red taillight
- Rear mount kick stand
- Rear rack with full size rack bag
- Off-road tires (*strongly recommended; this class will ride off-road*)

TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Compact tire pump or CO2
- Brake wrench
- Chain tool
- Set of metric box-end wrenches, 5-17mm
- Chain lube
- Work stand

SAFETY EQUIPMENT

- Eye protection (*shatter-resistant, 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
 - Padded cycling shorts (*recommended*)
- Shoes
- Foul weather gear (*jacket, pants*)
- Off-road cycling clothes

DUTY GEAR

- Duty Belt (*police and security; as applicable*)
 - Firearm (*optional; this course does not include live-fire exercises*)
 - Magazine
 - Baton
 - Handcuffs
 - Cuff key
 - Keepers
 - Flashlight
- Panniers (EMS)

OTHER

- Pencil/Pen
- Notebook
- Sunscreen skin protection
- Bug spray
- Physical Activity Readiness Questionnaire (PAR-Q) (*required*) and medical clearance sheet (*if indicated by the PAR-Q*)
- IPMBA waiver (*to be signed on-site*)



LESSON PLAN FOR BIKE FIT

UNIT PLAN

LEARNING GOAL

Students will learn tools and techniques to select the correct bike size, adjust a bicycle to fit the rider and diagnose common fit-related injuries and sources of discomfort.

UNIT OBJECTIVES

After successful completion of this unit of instruction, students will be able to:

1. Understand the way public safety mountain bikes should fit a rider.
2. Understand the relationship between rider physique and bike fit.
3. Utilize various tools to measure both the rider and the bike.
4. Assist riders in selecting the proper size.
5. Identify fit adjustments that can impact comfort on the bike.

METHOD OF INSTRUCTION

Lecture and practical exercise

TIME ALLOTTED

60 minutes

METHOD OF EVALUATION

Participation and performance during practical exercises



SKILL STATION FOR FALLING TECHNIQUES

UNIT PLAN

PERFORMANCE GOAL

Students will become familiar with the common falls experienced by cyclists. They will learn and practice falling techniques designed to reduce the chance of injury.

PERFORMANCE OBJECTIVES

After completing this unit of instruction, students will be able to:

1. List the three most common falls from a bicycle.
2. List the precipitators that cause these falls.
3. Describe the dynamics of the cyclist's body during these falls.
4. Explain the kinetics used to formulate the landing techniques designed to eliminate and/or minimize injuries from bicycle falls.
5. Demonstrate the three landing techniques utilized to eliminate and/or minimize injuries from the three most common bicycle falls.

METHOD OF INSTRUCTION

Practical exercises

TIME ALLOTTED

60 minutes

METHOD OF EVALUATION

Participation and performance during practical exercises



SKILL STATION FOR SLOW SPEED SKILLS

UNIT PLAN

PERFORMANCE GOAL

Students will review the skills learned during their basic course. They will hone and enhance those skills through the introduction of tighter cone courses and slow speed drills.

PERFORMANCE OBJECTIVES

After completing this unit of instruction, students will be able to:

1. Describe the types of situations in which slow speed skills are necessary.
2. Explain how to lower one's center of gravity while maintaining momentum.
3. Describe where the rider should look in order to maintain balance
4. Identify the three cone courses used by IPMBA for slow speed skill development.

METHOD OF INSTRUCTION

Practical exercises

TIME ALLOTTED

90 minutes

METHOD OF EVALUATION

Participation and performance during practical exercises



SKILL STATION FOR ADVANCED SKILL DEVELOPMENT

UNIT PLAN

PERFORMANCE GOAL

Students will be introduced to an alternative method of learning on-bike skills: self-instruction. They will review basic teaching techniques and learn how they can be used to become their own “riding coach”. They will then learn a method for sizing up an obstacle, developing a plan for riding it, and putting the plan into action. Students will then assess their own performance and determine how to make corrections when needed.

PERFORMANCE OBJECTIVES

After completing this unit of instruction, students will be able to:

1. Identify three skills that comprise the basics of advanced skill riding.
2. List three ways the rider causes the bike to move.
3. Demonstrate a systematic approach to sizing up an obstacle and developing a riding plan.
4. Demonstrate the execution of the plan using incremental steps.
5. Demonstrate the evaluation of the plan and its effectiveness, identifying whether the plan or its execution are to blame for unsuccessful attempts.

METHOD OF INSTRUCTION

Practical exercises

TIME ALLOTTED

480 minutes

METHOD OF EVALUATION

Participation and performance during practical exercises



SKILL STATION FOR PUBLIC SAFETY CYCLING SCENARIOS

UNIT PLAN

PERFORMANCE GOAL

Students will connect the skills and concepts introduced in the course to their daily responsibilities by participating in scenarios. Scenarios enable students to combine bike skills and tactics with experiences based on real-world situations. They also provide a setting in which students can commit and learn from errors in a controlled, low-risk environment. Attendees will gain skills and confidence to apply them in a wide range of encounters.

PERFORMANCE OBJECTIVES

After completing this unit of instruction, students will be able to:

1. Employ the bike as a tool in various situations.
2. Effectively use the bike as a barrier.
3. Demonstrate bike-handling, dismounts, and obstacle-clearing skills and techniques and their applicability during real-world scenarios.

METHOD OF INSTRUCTION

Scenarios

TIME ALLOTTED

180 minutes

METHOD OF EVALUATION

Participation and performance during scenarios



LESSON PLAN FOR EVENT PLANNING

UNIT PLAN

PERFORMANCE GOAL

Students will learn the principals of event planning and how to effectively integrate bicycles into event operations plans. From fairs and festivals to parades and sporting events, proper planning is essential to safety and success.

PERFORMANCE OBJECTIVES

After completing this unit of instruction, students will be able to:

1. Develop the event mission and goals.
2. Identify the number of bike personnel and other resources needed for a specific special event.
3. Identify the duties of event public safety personnel.
4. Implement an event operations plan incorporating public safety cyclists.

METHOD OF INSTRUCTION

Lecture and class discussion

TIME ALLOTTED

60 minutes

METHOD OF EVALUATION

Participation and performance during discussion



LESSON PLAN AND SKILL STATION FOR USE OF BIKES IN SEARCH AND RESCUE

UNIT PLAN

PERFORMANCE GOAL

Students will gain an understanding of the versatility and adaptability of mountain bikes in Search and Rescue (SAR) and how they can be used to help locate lost or missing persons. They will examine the need to approach each search with the appropriate search method/ type and how the method is affected by a lost person's behavior. They will learn the essential elements in a ground SAR operation and the stages of disaster response that are best suited for the utilization of mountain bikes.

PERFORMANCE OBJECTIVES

After completing this unit of instruction, students will be able to:

1. Explain nine different uses for mountain bikes in SAR and disaster responses.
2. List and describe the five different missing person types and how a lost person's behavior affects the allocation of resources in the field.
3. Describe a systematic and logical process which enables tactics and resources to be applied in the field during disaster response and SAR situations.
4. Plan and implement a search strategy utilizing mountain bikes in a SAR operation/ scenario.

METHOD OF INSTRUCTION

Lecture, discussion, visual aids, scenario

TIME ALLOTTED

120 minutes lecture, 120 scenarios

METHOD OF EVALUATION

Participation and performance during discussions and practical exercises



LESSON PLAN AND SKILL STATION FOR BASIC MAINTENANCE AND EMERGENCY REPAIR

UNIT PLAN

PERFORMANCE GOAL

Students will review the basics of bike maintenance, cleaning and minor repairs and adjustments, and learn to perform common emergency roadside repairs.

PERFORMANCE OBJECTIVES

After completing this unit of instruction, students will be able to:

1. Clean, repair, remove and replace chain.
2. Install brake cables/shifting cables.
3. Adjust, install, troubleshoot disc and rim brakes.
4. Identify at least four roadside malfunctions and demonstrate how to repair them.

METHOD OF INSTRUCTION

Practical exercise

TIME ALLOTTED

240 minutes

METHOD OF EVALUATION

Participation and performance during practical exercise