



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

### DUTY BICYCLE

- ☐ Reputable manufacturer public safety bicycle in good working order, properly fitted
- ☐ Street/combination tires (*no knobbies*)
- ☐ Pedal retention devices (*including approved flat pedal/footwear systems*)
- ☐ At least one water bottle and holder
- ☐ Hydration delivery system (*recommended*)
- ☐ High-intensity headlight with four-hour run time
- ☐ Steady or flashing red taillight
- ☐ Rear mount kick stand
- ☐ Rear rack with full size rack bag (*police/security*)
- ☐ 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
- ☐ Disposable gloves

### SAFETY EQUIPMENT

- ☐ Bicycle helmet (*approved by ANSI, Snell, CPSC, or equivalent*)
- ☐ Eye protection (*shatter-resistant, wraparound, clear and tinted*)
- ☐ Padded cycling gloves
- ☐ Body armor (*if worn on duty*)

### ATTIRE

- ☐ Full duty uniform
- ☐ Footwear compatible with pedal retention
- ☐ Foul weather gear
- ☐ Off-road cycling clothes
- ☐ Maintenance smock, apron, or casual attire

### DUTY GEAR

- ☐ Agency-mandated duty gear (*police/security*)
- ☐ EMS equipment and carrying system (*EMS*)

### OTHER

- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Note-taking materials
- ☐ *Complete Guide to Public Safety Cycling* (if not provided by instructor; [www.psglearning.com](http://www.psglearning.com), 800-832-0034)
- ☐ Get Active Questionnaire (GAQ) (*required*) and medical clearance sheet (*if indicated by GAQ*)

Participants will be required to sign a liability release/waiver on-site.