



## IPMBA POLICE CYCLIST 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
- 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 (*recommended if the class will ride off-road; consult instructor*)

#### TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Compact tire pump or CO2
- Disposable rubber gloves

#### SAFETY EQUIPMENT

- Eye protection (*shatter-resistant, wraparound, clear and tinted*)
- Bicycle helmet (*ANSI, Snell or CPSC-approved*)
- Padded cycling gloves
- Body armor protective vest

#### ATTIRE

- Full duty uniform (*worn daily*)
  - Shirt
  - Shorts/Pants
- Padded cycling shorts (*recommended*)
- Shoes
- Foul weather gear (*jacket, pants*)
- Off-road cycling clothes (*recommended if the class will ride off-road; consult instructor*)

#### DUTY EQUIPMENT

- Full Duty Belt
  - Firearm
  - Magazine
  - Baton
  - Handcuffs
  - Cuff key
  - Flashlight
  - Keepers

#### RANGE EQUIPMENT

*(if class will include live-fire; consult instructor)*

- Duty weapon
- 100 rounds
- Foam ear protection

#### OTHER

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