

Sacramento Police Department  
ADDITIONAL OFFICER TRAINING - 2022  
BASIC BICYCLE OFFICER COURSE

**Statement of Purpose:** The course will teach police officers general bicycle riding skills and how to safely integrate those skills with patrol operations.

- I. Lecture Topics
  - A. History of Public Safety Cycling
    - i. Public Safety Bike Unit
  - B. Bicycles
    - i. Nomenclature
    - ii. On-Bike Equipment
  - C. Clothing and Personal Protective Equipment
  - D. Vehicular Cycling
  - E. Hazards and Crashes
  - F. Cycling at Night
  - G. Bicycle Maintenance and Repairs
  - H. Basic Nutrition
  - I. Basic Physical Fitness
  - J. Bicycle Safety Education for Children
  - K. Patrol Equipment
  - L. Patrol Procedures and Tactics
  - M. Firearms Training
  - N. The Bicycle Response Team (BRT)
  
- II. Off Bike Learning Skill Stations
  - A. Helmet Fit
  - B. Bike Fit
  - C. ABC Quick Check
  - D. Use of Toe Clips
  - E. Tire Change
  
- III. On Bike Learning Skill Stations
  - A. Braking technique
  - B. Shifting and Gear Use
  - C. Hook Slide
  - D. Quick Turn
  - E. Rear Scan
  - F. Rock Dodge
  - G. Slow Speed and Balance
  - H. Sprinting
  - I. Stair ascents
  - J. Stair carry
  - K. Stair descents
  - L. Track stand
  - M. Transitioning
  
- IV. Firearms Training
  - A. The purpose is to allow the shooter/bicycle rider to utilize their handgun while maintaining control of their bicycle
    - i. Required Additional Equipment:
      - 1. 200 rounds of ammunition per shooter

Sacramento Police Department  
ADDITIONAL OFFICER TRAINING - 2022  
BASIC BICYCLE OFFICER COURSE

2. 1 duty pistol
3. 3 pistol magazines
4. 1 duty belt with holster and magazine pouches
5. 1 ballistic vest
6. Ear protection
7. Eye protection

- V. Case Law & Policy Review
- A. PC 835(a) – Use of Force
  - B. Discuss current UOF case law
    - i. Tennessee v Garner
    - ii. PC 835(a)
  - C. SPD GO 580.02 – Use of Force
  - D. Discuss current issues related to Use of Force policy & bikes
- VI. Range Drills
- A. Stage 1- Working the Clock (12,3,6,9 o'clock firing positions) DRY FIRE
    - i. Officer will draw their EMPTY pistol and dry fire two times while straddling the top tube of the bicycle
    - ii. Officer will reluctantly holster their pistol
    - iii. Officer will rotate their bodies 90 degrees and repeat the drill from each of the different firing positions
  - B. Stage 2- Working the Clock (12,3,6,9 o'clock firing positions) LIVE FIRE
    - i. Officers will draw their pistol and fire two rounds while straddling the top tube of the bicycle
    - ii. Officer will reluctantly holster their pistol
    - iii. Officers will rotate their bodies 90 degrees and repeat the drill from each of the different firing positions
  - C. Stage 3- Dismount, non-rolling DRY FIRE
    - i. Officer will start on their bicycle, straddling the top tube. Officers will be facing the target at the 7-yard line
    - ii. Officer will Dismount to the Right
    - iii. Officer will draw an empty pistol and dry fire two times
    - iv. Officer will reluctantly holster their pistol
    - v. Officer will remount the bicycle
    - vi. Officer will repeat the DRY Firing course until comfortable with the position
    - vii. Officers will repeat with a Left Dismount
  - D. Stage 4- Dismount, non-rolling LIVE FIRE – Moving Right
    - i. Officer will start on their bicycle, straddling the top tube. Officers will be facing the target at the 7-yard line
    - ii. Officer will Dismount to the Right
    - iii. On "Fire" Commands, Officers will draw pistol and fire two times
    - iv. Officer will reluctantly holster their pistol
    - v. Officer will remount the bicycle
    - vi. The drill will be repeated 3 times until all firing positions are covered
  - E. Stage 5- Dismount, non-rolling LIVE FIRE – Moving Left
    - i. Officer will start on their bicycle, straddling the top tube. Officers will be facing the target at the 7-yard line
    - ii. Officer will Dismount to the Left
    - iii. On "Fire" Commands, Officers will draw pistol and fire two times

Sacramento Police Department  
ADDITIONAL OFFICER TRAINING - 2022  
BASIC BICYCLE OFFICER COURSE

- iv. Officer will reluctantly holster their pistol
- v. Officer will remount the bicycle
- vi. The drill will be repeated 3 times until all firing positions are covered
- F. Stage 6- Footing and Moving Around Bicycle – LIVE FIRE
  - i. Officer will start on the 7-yard line with their bicycle on the ground facing the target
  - ii. Officer will move around the downed bicycle
  - iii. Officer will fire two times when instructed to do so by the instructor
  - iv. Officer will continue to move after addressing the threat
  - v. Officer will continue the drill as fire when instructed (10 rounds total)
- G. Stage 7- Moving Bicycle to stop and address threat – LIVE FIRE
  - i. Officer will start mounted on their bicycle at the 25-yard line
  - ii. Officer will ride forward toward the target
  - iii. Upon reaching the 7-yard line, Officer will stop place their feet on the ground and engage the target
  - iv. Officer will reluctantly holster
  - v. Officer will remount their bicycle and return to the 25-yard line
  - vi. The drill will be repeated 2 more times
- H. Stage 8- Moving Bicycle to stop, DISMOUNT & address threat – LIVE FIRE
  - i. Officer will start mounted on their bicycle at the 25-yard line, Officer will ride forward toward the target
  - ii. Upon reaching the 9-yard line, Officer will dismount their bicycle
  - iii. Officer will advance on foot to the 7-yard line and hold
  - iv. Officer will engage the target when instructed to do so
  - v. Officer will reluctantly holster
  - vi. Officer will remount their bicycle and return to the 25-yard line
  - vii. The drill will be repeated 2 more times
- I. Stage 9- Moving bicycle to shooting at 3 and 9 o'clock – LIVE FIRE
  - i. Officer will start at the 7-yard line on the left side of the range. Officers will ride laterally at their own pace
  - ii. Upon being given a threat command, Officer will stop, place their feet on the ground
  - iii. Officer will draw their pistol and engage the target with two rounds
  - iv. Officer will reluctantly holster
  - v. Officer will continue riding the course until they received another threat command. The Officer will engage a different target with 2 additional rounds.
  - vi. The drill will conclude after the Officer has engaged 3 targets and cleared the course
- J. Stage 10- Scenario – LIVE FIRE
  - i. Officer will ride an approximately ½ mile course to elevate their heart rate
  - ii. Officer will pedal into the range where a group of targets are set up
  - iii. Officer will dismount their bicycle, reach cover and engage threats
  - iv. Officer will return to their bicycle and search for additional threats
  - v. Officer will ride, stop, dismount and engage threats within the course
  - vi. The drill will conclude when the Officer has engaged all threats and cleared the course

VII. City Ride

- A. Officers will be led on a bicycle ride through different locations in the city

Sacramento Police Department  
ADDITIONAL OFFICER TRAINING - 2022  
BASIC BICYCLE OFFICER COURSE

B. Officers will practice safe riding habits and safely navigate common roadway hazards

VIII. Course Objectives

- A. Students must demonstrate the ability to safely operate a bicycle after receiving instruction and practicing during skill building stations
- B. Successfully pass a written exam regarding lecture material