

IPMBA POLICE CYCLIST COURSE MODEL SCHEDULE

DAY ONE (8 instructional hours) 0830 @ 501 E. Old 56 Hwy

Check-In	Course Registration and Equipment Inspection	15 minutes
Introduction	Welcome and Course Overview	15 minutes
Lecture	Bicycles	15 minutes
	On-Bike Equipment	15 minutes
Lecture	Clothing and Personal Protective Equipment	15 minutes
	Patrol Equipment	15 minutes
Break		10 minutes
Lecture and Video Presentation	Fundamental Cycling Skills and Vehicular Cycling	60 minutes (including 23-minute video)
Break		10 minutes
Skill Station	Skill Station 8-1 <ul style="list-style-type: none"> • Helmet Fit Skill Station 4-1 <ul style="list-style-type: none"> • Bike Fit 	30 minutes
Skill Station	Skill Station 7-1 <ul style="list-style-type: none"> • ABC Quick Check Skill Station 9-1 <ul style="list-style-type: none"> • Starting and Stopping 	60 minutes
Lunch		60 minutes
Skill Station	Perform <ul style="list-style-type: none"> • ABC Quick Check • Stretching Routine Skill Station 9-2A–B (Braking Techniques) <ul style="list-style-type: none"> • A: Lockdown • B: Planned Braking Skill Station 6-1 <ul style="list-style-type: none"> • Pedal Retention Skill Station 9-3 <ul style="list-style-type: none"> • Falling Techniques Skill Station 9-4 <ul style="list-style-type: none"> • Shifting and Gear Use Skill Station 9-2C (Braking Techniques) <ul style="list-style-type: none"> • C: Maximum Braking 	90 minutes
Break		10 minutes

Skill Station OPD1 to 200 W. Santa Fe Cones	Skill Station 9-5 • Rock Dodge Skill Station 9-6 • Quick Turn Skill Station 9-7 • Slow Speed and Balance	120 minutes
Skill Station	Skill Station 11-1 • Rear Scan Skill Station 11-2 • Transitioning	45 minutes

DAY TWO (8 instructional hours) 0830 @ 501 E. Old 56 Hwy

Lecture	Hazards and Crashes	30 minutes
Lecture	Bicycle Maintenance and Repairs	60 minutes
Break		10 minutes
Skill Station	Skill Station 7-2 • Rear Tire Change	60 minutes
Skill Station Road Ride to: 200 W. Santa Fe	Perform • ABC Quick Check • Stretching Routine Skill Station 9-7 • Slow Speed and Balance	90 minutes
Lunch		60 minutes
Skill Station Boxes Cones	Perform • ABC Quick Check • Stretching Routine Skill Station 9-8 • Curb Ascents and Descents Skill Station 9-9 • Stair Descents Skill Station 9-10A–B • A: Crossover Dismounts • B: Crossover Slalom	180 minutes
Break		10 minutes
Skill Station	Skill Station 11-3 • Road Ride Back to OPD1	60 minutes

DAY THREE (8 instructional hours) 1300 @ 501 E. Old 56 Hwy

Lecture	Patrol Procedures and Tactics	50 minutes
Break		10 minutes
Lecture	Low-Light Cycling	30 minutes
Skill Station Road Ride to: 200 W. Santa Fe Cones	Perform <ul style="list-style-type: none"> • ABC Quick Check • Stretching Routine Skill Station 13-1 <ul style="list-style-type: none"> • Trackstand Skill Station 13-2 <ul style="list-style-type: none"> • Stair Climbs Skill Station 13-3 <ul style="list-style-type: none"> • Stair Carries Skill Station 9-10C <ul style="list-style-type: none"> • Rolling Crossover Dismounts 	160 minutes
Dinner		60 minutes
Skill Station	Perform <ul style="list-style-type: none"> • ABC Quick Check • Stretching Routine Skill Station 13-4 <ul style="list-style-type: none"> • Crossover Mounts Skill Station 15-1 <ul style="list-style-type: none"> • Hook (Power) Slide Skill Station 15-2 <ul style="list-style-type: none"> • Response/Pursuit 	80 minutes
Mock Scenes	Mock Scenes (Instructor's Choice) <ul style="list-style-type: none"> • Terry Stop of Suspicious Person (Nonarrest) • Traffic Stop (Moving Violation) • Behavioral Health Crisis 	50 minutes
Break		10 minutes
Mock Scenes	Mock Scenes (Instructor's Choice) <ul style="list-style-type: none"> • Burglary-in-Progress • Armed Felon-Possible Foot Pursuit 	50 minutes
Skill Station 106th / Ridgeview	Skill Station 12-1 <ul style="list-style-type: none"> • Night Ride 	60 minutes

1000 @ 501 E. Old 56 Hwy

DAY FOUR (8 instructional hours, including testing)

Lecture	Introduction to E-Bikes	30 minutes
Lecture	Introduction to BRT	30 minutes
Break		10 minutes
Lecture	Firearms Training	40 minutes
Group Discussion	Review/Question and Answer	10 minutes
Skill Station 200 W. Santa Fe Cones	Perform <ul style="list-style-type: none"> • ABC Quick Check • Stretching Routine Practice Tested Drills (as needed)	130 minutes
Lunch		60 minutes
Examination	Practical Test Part I: Vehicular Cycling Road Ride	60 minutes
Examination	Practical Test Part II: Bicycle Handling Skills	95 minutes
Break		10 minutes
Presentation	IPMBA: An Invitation to Join	10 minutes
Examination	Written Test	60 minutes
Lecture	Evaluations, Concluding Remarks	15 minutes