

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION

Mobile Team ASSIST #14

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MANDATES: .50 Hr. Civil Rights, .50 Hr. Constitutional Use of LE Authority, .50 Hr. Emergency Medical Response, 1 Hr. Officer Wellness and Mental Health, 1 Hr. Procedural Justice, 2 Hrs. Use of Force, .50 Hr. De-Escalation Techniques, .50 Hr. High-Risk Traffic Stops, .50 Hr. Stop-Search-Use of Force Law, .50 Hr. Officer Safety Techniques

P R E S E N T S

32 HOUR INTERNATIONAL POLICE MOUNTAIN BIKE ASSOCIATION CERTIFICATION COURSE

Monday-Thursday, May 17-18-19-20, 2027- 8AM/5PM

WHERE: Edwardsville Police Department
333 South Main St., Edwardsville, IL. 62025

WHO: Kent Jones, IPMBA Instructor



TO REGISTER: Visit our website www.silec.org. **Limit 25!**

Be prepared for the street! This essential training combines Emergency Vehicle Operations for bike officers with patrol procedures, tactics, night operations, mock scenes, and basic bike maintenance and on-the-road repairs. Learn to ride like a pro, avoid crashes, and use your bike to foil the bad guys every time.

Outline

I. Bicycles

- A. Introduction to Bicycles
 - 1. Bicycles Types
 - 2. Reasons for using a mountain bike
- B. Understanding Bicycles
 - 1. Bicycle frames
 - 2. Bicycle nomenclature
 - 3. Bicycle components

II. On-Bike Equipment

- A. Public Safety Bikes
 - 1. Emergency vehicles

2. Proper equipment
- B. Accessories
 1. Saddles
 2. Pedal retention
 3. Headlamps
 4. Audible warning devices
 5. Bags and racks
 6. Bar ends
 7. Kickstands

III. Clothing and protective equipment

- A. Specialized products
 1. Enhance safety
 2. Improve performance
- B. Clothing and shoes
 1. High quality bike uniform
 2. Identifiable
 3. Visible
- C. Mandatory Equipment
 1. Mountain Bike
 2. Helmet
 3. Shatter resistant eyewear
 4. Pedal retention

IV. Vehicular cycling

- A. Laws
 1. Most states define bicycles as vehicles (Illinois does not)
 2. Cyclists have right to use the roadway
- B. Principles
 1. Obey the rules of the road
 2. Be predictable
 3. Be visible
 4. Be alert
 5. Communicate (MOST IMPORTANT)
- C. Rules of the road
 1. Illinois IVC
 2. Basic safety rules

V. Hazards and crashes

- A. Hazard Types
 1. Cause dangerous riding conditions
 2. Learn techniques to recognize and avoid hazards
- B. Common crash types
 1. Overturn (most common)
 2. Off road
 3. Fixed object
 4. Pedestrian/animal
 5. Motor vehicle

VI. Cycling at night

- A. Hazards
 1. May not be seen by others
 2. Shadows
 3. Harder to see surface hazards
 4. More difficult to be located if you need help
- B. Detection
 1. Being noticed
 2. Active and passive lighting
- C. Conspicuity (being seen)

1. State of being seen
 2. Result of being both detected and recognized
- D. Lights
1. Requirements
 2. Types

VII. Bicycle maintenance and repairs

- A. Two kinds of maintenance
1. Preventive
 2. Repairs
- B. Three basic rules of maintenance
1. Never try to fix anything you don't know how to
 2. Use proper tools
 3. Keep the bicycle clean and lubricated
- C. Carry a basic tool kit with you
1. Tire pump/inflation device
 2. Basic wrenches
 3. Spare tube/patches

VIII. Basic fitness and nutrition

- A. Maintaining good health is essential
1. Improves physical abilities
 2. Prolongs healthier life
 3. Decreases chances of heart disease
- B. Guidelines for nutrition
1. Based on life stage and gender
 2. Eat before you are hungry
 3. Drink before you are thirsty
 4. Caloric intake based on daily activity
- C. Vitamins and minerals
1. Take multi-vitamin
 2. Eat wide variety of foods
- D. Three types of nutrients
1. Carbohydrates
 2. Protein
 3. Fats
- E. Exercise
1. Regular exercise
 2. Specific to type of results desired
 3. Appropriate for current level of fitness
- F. Medical Emergencies
1. Recognizing a medical emergency
 2. Treatment of heat stroke
 3. Treatment of sprains/broken bones
 4. Treatment of head injuries

Funding made available by the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board