

San Diego Police Department

POST Patrol Bicycle Skills

Course



Class dates for this session are **JUNE 18 - 20, 2025**

Students will not be able to use E-Bikes for the course.

This course is physically demanding. You will be required to ride distances of up to twenty-five (25) miles daily and maintain a moderate pace. The course will encompass various aspects of bicycle patrol, riding skills, officer safety, and general maintenance. ***This is a demanding class. Basic riding skills and physical conditioning are a MUST.***

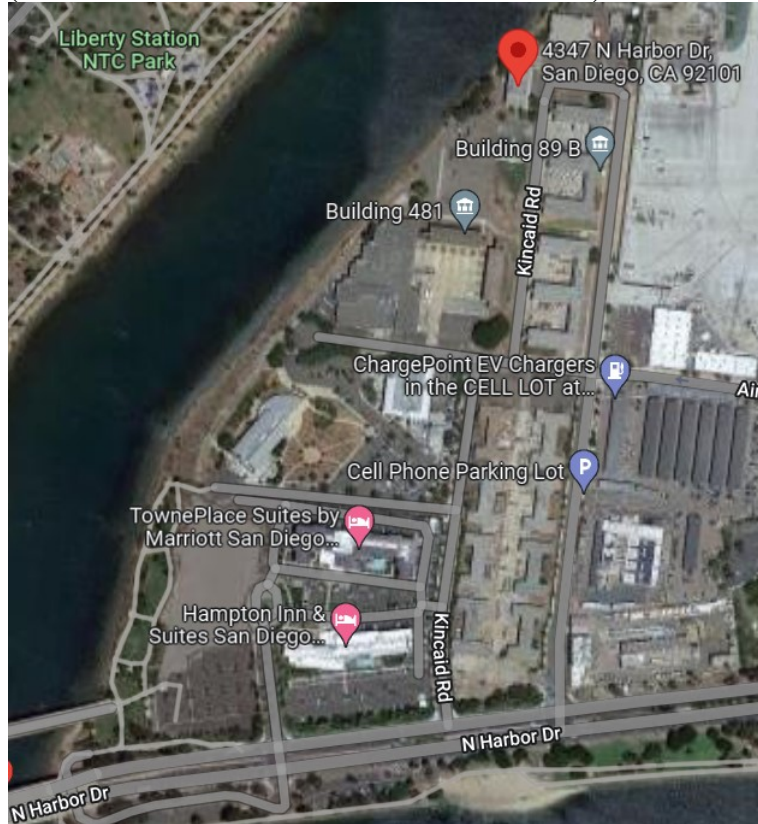
You will be required to attend all three days of training to obtain your certificate of completion from the course. Failure to attend each day will result in your exclusion for the remainder of the course.

You are expected to be a competent and trained Officer to be eligible for this course. **You must also be able to ride a bicycle prior to beginning this class.** This course is not designed to teach you how to ride a Police Patrol Bicycle. It is designed to train you to utilize the patrol bicycle as a tool for patrol duties. **Again, you must be a competent bicycle rider to begin this class.**

On day one you will be tested on your ability handle a police patrol bicycle at slow speed, during a skills test. The test will be held during the last half of the day and will include skills you will learn and master during the beginning of the day. The test is pass / fail. Those who pass the test will continue on to the 2nd and 3rd day of the course. Those who do not pass the test will not be allowed to continue the course.

LOCATION:

- Days **ONE** and **THREE**:
 - The class will meet at the San Diego Police Department Training Center, NTC. 4200 Spruance Road SD CA 92101
 - (BUILDING 480 near the RED PIN BELOW)



- Day **TWO**:
 - **The class will begin at the San Diego Regional Firearms Training Center** 440 Alta Rd, San Diego, CA 92154 (RED PIN BELOW)



TIME:

Tues November 14th 0600-1600 (Start day at NTC training facility)

Wed November 15th 1200-2200 (includes a night ride!) (Start day and Otay Range Facility)

Thurs November 16th 0600-1600 (Start day at NTC training facility)

The class will encompass a night ride (*day 2, after the range*), SDPD Tactical Discussion, and Mobile Field Force Bike Training. Ensure you have the proper safety equipment for your bike. This is a “hands-on” class which will require you to complete certain riding requirements and basic bicycle maintenance.

REQUIRED EQUIPMENT:

(You will be required to have all the necessary equipment to participate in the training. Failure to meet these standards will preclude you from participation in the training.)

- **Bicycle** - Police Patrol Bicycle (or your department’s equivalent) *All bicycles must be in good working order.*
- **Helmet** - (ANSI/SNELL approved). Helmets are available for use at the training center. If you bring your own, it must be professional in appearance and in good condition.
- **Water Bottle** - Must fit securely in standard bike bottle cage. (Camel back is acceptable during class)
- **Flat pedals** - No clip on pedals or pedals with straps.
- **Bike Uniform** Shorts or Pants. You must wear a full Department approved bike uniform (Biking shorts under the uniform pants are allowed)
- **Full Leather Gear**
- **Ballistic Vest**
- **Eye Protection** – Sunglasses for daytime. Clear lens glasses during the night rides.
- **Bicycle Light** - Mounted to the bicycle for night ride.
- **Gloves** - Full finger bike gloves (Mechanic style gloves are popular) Must be able to manipulate firearm while wearing gloves.
- **Sunscreen**
- **AMMUNITION** - All non-SDPD will need to make arraignments to have 200 Rounds of ammunition for their issued patrol firearm.

PREFERRED uniform for this training will be your Department approved bike uniform. If you do not have one, please wear a plain white t-shirt (no designs or logos) and plain cargo shorts or pants. All the above applies. Please bring inner tubes in case of flats.

TESTING/REMOVAL FROM CLASS: students can be removed from the class at any time based on if the instructor(s) feel he/she is not progressing or not completing daily challenges / skills.

Our goal as instructors will be to train you and give the skills needed to succeed in the class.

To help you better prepare for the class, here are the criteria.

This class is not designed to teach students how to ride a bike. This class will supplement your current bike riding skills and incorporate law enforcement safety tactics.

- During the first day of training, there will be an obstacle course, which will encompass the basic skills required for Bicycle Patrol Operations. This test demonstrates your ability to safely control the bike. If you fail the obstacle course, you will be allowed to remediate twice. You must complete the obstacle course in order to receive course certification.
- Days two and three have longer rides as well as additional riding courses and law enforcement tactical training. You will ride on dirt, up steep hills, up and down stairs, and cover long distances in traffic. You must complete the rides and skills portions in order to receive course certification.
- Each training day has mandatory training elements which must be met. Day three will be a tactical shoot at the San Diego Police Department Pistol Range.

Laurel Street hill is a required element of this course. It demonstrates the ability to properly use gearing and the ability of the rider to physically perform as a Police Cyclist. Each day will have a teaching/testing facet which must be competed.

HEALTH CONCERNS:

This is a physically demanding course. Please do not attend if you are not physically up to strenuous exercise or have pre-existing medical or physical conditions.

If you are unable to attend or have any questions, contact any of the following:

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