



HPCST Bike Patrol Training Checklist

	HPCST Member: _____		
	Unit Number: _____	Date	Instructor
Session # 1 – Bike Safety			
<input type="checkbox"/>	Advantages of Bike Patrol – Accessible to general public – Visible/invisible based on circumstances		
<input type="checkbox"/>	Membership Requirements – Mountain Bikes only – Must meet safety requirements – Minimum hours per quarter – Quarterly refresher training		
<input type="checkbox"/>	Bike Patrol SOP – Safety main concern – Mandatory equipment for bike – Mandatory uniform for bike member		
<input type="checkbox"/>	Video – Effective Cycling		
<input type="checkbox"/>	Hazards and Common Crashes – Surface, visual, moving hazards – motor vehicle/bicycle crashes – diversion crash		
<input type="checkbox"/>	Bike Fit, Inspection, and Anatomy Measure a bike's frame size Make correct adjustments to saddle to fit rider Perform a proper ABC Quick Check Name the parts of a bicycle		
<input type="checkbox"/>	Group Riding Communicate, Scan, Move Transition from single to double file and back Hand & Audible Signals		
<input type="checkbox"/>	Bike Safety Test Test Score: _____		
<input type="checkbox"/>	Stretching Exercises		
<input type="checkbox"/>	Short Ride		
Additional Training			
<input type="checkbox"/>	Bike Safety Review – Advantages of Bike Patrol – Mandatory Equipment – ABC Quick Check – Road Hazards		
<input type="checkbox"/>	Obstacle Clearing & Riding Techniques – Ascend/hop curbs-perpendicular approach – Ascend larger obstacles-horizontal approach – Descend obstacles-slow & methodical approach – Climb hills-on and off road – Fast Stop-Front and Rear Brakes		



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<input type="checkbox"/>	<ul style="list-style-type: none"> - Quick Turns - Perform a Cyclo-Cross Dismount/Remount 		
<input type="checkbox"/>	Obstacle Clearing/Group Techniques Ride		
<input type="checkbox"/>	Cone Training I <ul style="list-style-type: none"> - Circle - Easy Serpentine - Difficult Serpentine 		
<input type="checkbox"/>	Patrolling & Community Policing <ul style="list-style-type: none"> - Citizen Interaction - Radio Communications - Incident & Traffic Accidents Protocol - Handicapped Parking Enforcement - Traffic Court Procedures - Radar Enforcement - Community Policing - Community Policing On Bike Patrol 		
<input type="checkbox"/>	Legal Issues and Traffic Laws <ul style="list-style-type: none"> - Laws & Ordinances - Far right as possible - Dangers of wrong way riding - Cyclists riding on the sidewalk - Violations cyclist commit that lead to motor vehicle/bike accidents 		
<input type="checkbox"/>	Night Patrol Training Night Time Hazards Vision Equipment and Apparel Techniques to be More Conspicuous Night Patrol		
<input type="checkbox"/>	Night Patrol Ride		
<input type="checkbox"/>	Cone Training II <ul style="list-style-type: none"> - Circle - Easy Serpentine - Difficult Serpentine 		
<input type="checkbox"/>	Long Ride & Additional Obstacle Training		