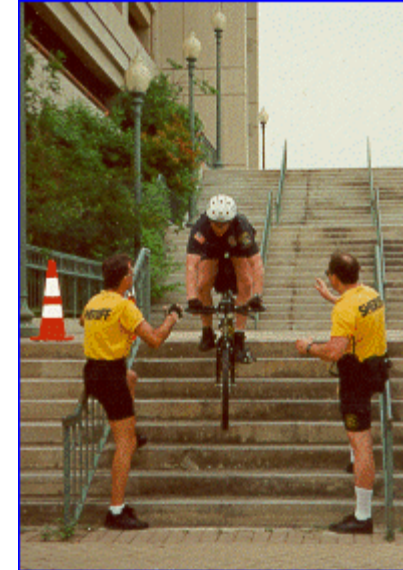


Bicycle Patrol Skills

Bicycle Patrol Skills

Curbs/stairs/parking blocs – balance, momentum, confidence

Power Pedal Position – Above the 3 and 9 position



Bicycle Patrol Skills

Slow speed turns

Balance – Track stands

Use of handlebars – Larger, quicker inputs

Pedal position and use - Continuous pedaling vs ratcheting

Practice cones/pylon drills and confined spaces



Bicycle Patrol Skills

Slippery / wet surfaces

Sand – Get some speed, power through it, and keep pedaling

Wet grass/Wet asphalt/Wet concrete/Painted lines

- No quick movements, stay your course
- Stay upright, don't lean too much



Bicycle Patrol Skills

Skidding and powerslides

Brakes – Don't touch the front

Balance – Shift weight around to the right and lower center of balance

Intent and use – Distraction or takedown

Emergency braking – Stopping quickly without skidding

Remember, braking traction is losing control



Bicycle Patrol Skills

Dynamic dismounting

Left side dismount – Keeps chainrings out of the way

Rolling mount and dismount – High threat situations

Free leg position – rolling=right foot forward

Dismounting with weapons – weapon in holster until stopped in most cases

“Skate” movement technique – dismounted but under power



Bicycle Patrol Skills

Off axis head turn – Maintain straight line. Tendency is to turn in direction of eyes.

Be aware of surroundings – Objects in front of you

One handed riding – Brake awareness; stability

