

# IPMBA POLICE/SECURITY CYCLIST COURSE

## SAMPLE REQUIRED EQUIPMENT AND MATERIALS CHECKLIST

### Duty Bicycle

- Reputable manufacturer public safety bicycle in good working order, properly fitted
- Street/combo tires (26–29 x 1.5 to 26–29 x 2.1 recommended; no knobbies)
- Pedal retention (including acceptable flat pedal/footwear systems)
- At least one water bottle cages and bottle
- Hydration delivery system (recommended)
- High-intensity headlight with 4-hour run-time
- L.E.D. steady or flashing red taillight
- Rear mount kick stand
- Derailleur guard (recommended)
- Agency-mandated carrying system (e.g., rear rack with rack bag, frame pack, panniers, etc.)
- Off-road tires (recommended if the class will ride off-road; consult instructor)

### Tools

- Patch kit
- Tire levers
- Two spare tubes
- Frame-mounted tire pump or CO<sub>2</sub> inflator with cartridges
- Allen wrenches (4-/5-/6-/8-mm)
- Wrenches (8-/10-mm)
- Bicycle lube
- Shop towel
- Disposable gloves

### Safety Equipment

- Bicycle helmet (approved by ANSI, Snell, CPSC, CSA, or equivalent)
- Eye protection (wraparound, clear and tinted)
- Padded cycling gloves (highly recommended)
- Body armor protective vest (if worn on duty)

### Attire

- Full duty uniform (worn daily)
- Padded cycling shorts (highly recommended)
- Footwear compatible with pedal retention
- Foul weather gear
- Off-road cycling clothes (recommended if the class will ride off-road; consult instructor)

### Duty Belt/Vest

- Agency-mandated duty gear

### Range Equipment

(if class will include live-fire exercises; consult instructor)

- Duty weapon
- 100 rounds
- Foam ear protection

### Other

- Complete Guide to Public Safety Cycling (if not provided by instructor; [www.psglearning.com](http://www.psglearning.com), 800-832-0034)
- Note-taking materials
- Insect repellent
- Sunscreen
- Hand sanitizer
- Disinfecting wipes
- Get Active Questionnaire (GAQ) (required) and medical clearance sheet (if indicated by GAQ)

Participants will be required to sign a liability release/waiver on-site.