

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement



IPMBA Police Cyclist Course

September 22nd-25th, 2025

0830-1630 Hrs.

Lake Land College

Webb Hall, Room 081

Mattoon, Il. 61938

(See Attached Map)

Submit enrollment to:

Registration form at

www.mtu13.com

We are excited to offer a comprehensive Police Bicycle Course as part of our law enforcement training program. This course is designed to equip officers with the knowledge and skills necessary for effective and safe bicycle patrol operations. Participants will receive hands-on instruction in a variety of key areas, including tactical riding techniques, obstacle negotiation, emergency maneuvers, bike maintenance, and safety procedures.

The course also emphasizes the unique advantages of bicycle patrol, such as increased mobility, greater community engagement, and improved access to areas not easily reached by patrol vehicles. Officers will learn how to use bicycles as an effective tool for crime prevention, crowd control, and routine patrol in urban, suburban, and park environments.

This training not only promotes physical fitness but also fosters stronger community relationships, as bicycle officers are often more approachable and visible to the public. Whether used for routine patrol, special events, or targeted enforcement efforts, the skills developed in this course will enhance an officer's ability to serve and protect.

This course is ideal for both new and experienced officers looking to expand their patrol capabilities. All participants must meet basic physical requirements and supply appropriate gear as outlined in the course details.

Observed Mandates Include:

Legal Updates

Ofc. Wellness

Procedural Justice

De-Escalation Techniques

Law Concerning U of F

Ofc. Safety Techniques

Officer Pack List

Please see the following page for the list of recommended equipment to bring. If you have any questions about this, please feel free to reach out to me (Brad) ahead of time. I'll check in with the instructor about any concerns you may have.

Thank you.....*Brad*

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/combination 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 CO₂ 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, 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.

LAKE LAND COLLEGE



- AL - Agriculture Land Lab
- AT - Ag-Tech Building
- BAC - Board and Administration Center
- FAC - Foundation and Alumni Center
- FH - Field House
- JLRC - Judge Learning Resource Center
- LH - Lensink Hall
- LSC - Luther Student Center
- NE - Northeast Classroom Building
- NH - Neal Hall
- NW - Northwest Classroom Building
- PH - Power House
- PP - Physical Plant
- RC - Recycling Center
- SB - Storage Building 1
- VT - Vo-Tech Building
- WB - West Classroom Building
- WDC - Workforce Development Center
- WH - Webb Hall

Entrance 3

U. S. Route 45

Entrance 2

Entrance 1

To Mattoon →

