

The
ARLINGTON POLICE DEPARTMENT
Presents
The LEBA “Class A Certification” Law Enforcement Bicycle Training



The Law Enforcement Bicycle Association (LEBA) was formed in 1987 with the birth of modern day police cycling.

As we accelerate through the new millennium, LEBA continues to grow and provide the highest level of training to the bike officer. We do it the

"LEBA Way"

with the most established bike patrol training curriculum available. LEBA strives to constantly update our techniques to keep pace with the continually changing requirements of law enforcement.

The Arlington Police Department is offering the Law Enforcement Bicycle Association's "Class A Certification" Law Enforcement Bicycle Training to be held **October 3-7, 2011**. The LEBA certified course is a nationally and internationally instructed course and students will receive 40 hours of TCLEOSE credit. LEBA, formed in 1987, is one of the oldest national law enforcement cycling associations. A certified LEBA instructor must teach the curriculum for students to receive the LEBA "Class A Certification".

The Class A Certification course

Class A certification will only be granted if a minimum of 32-hours, or four consecutive days of mountain bike training covering the following areas of instruction are given, and the student successfully passes a written and practical examination on these areas. This course is designed as a 5 day school in order to include as much knowledge and practical application of the training as possible.

- Nutrition for the mountain bike officer.
- Saddle, knee, hand, and foot injuries.
- Stretching.
- Cardiovascular fitness for the police officer including heart rate.
- Slow speed balance drills.
- Hypothermia and dehydration.
- Effective Cycling video and lecture.
- Training rides. (minimum of four) .

- Accident prevention for the mountain bike officer.
- Safety equipment, uniforms, and accessories.
- Scenarios.
- Traffic Stops and Suspect Contacts.
- Bicycle Maintenance.
- Proper bicycle fit.
- Emergency braking.
- Gears and cadence.
- Police technical skills: Cross-over Drills©, Cross-Over Exit©, Cross-Over Take-down©, Powerslide Exit©, Push off Cross-Over©, Kickstand Exit©, and Look over Drill©.
- LEBA Tactical Firearms Training Course. (LEBATFTC)©
- LEBA written examination consisting of 25 questions minimum.

Students must pass the written examination by a score of 80%. Practical exercises must be successfully performed and passed to the satisfaction of the instructors teaching the course. Students must be able to successfully "Exit" the mountain bike safely and quickly, be able to demonstrate a full emergency braking using the front brake only, the rear brake only, and both brakes, demonstrate a safe and quick simulated arrest of a suspect on foot, and complete training rides using effective cycling techniques to pass this course. Additional information can be found on LEBA's website at www.leba.org.

Officer Chris Theisen (certified LEBA instructor) and other APD bike officer instructors will teach this 5-day course. The instructors have extensive experience in police bike patrol as well as personal biking experience ranging from BMX racing to Ironman triathlons. Students passing this course will be eligible to work APD approved off-duty police bicycle jobs which includes outside agency work at the Cowboys Stadium.

Physical Requirements

Students should be in a physical shape commensurate with this kind of training. We will be riding between 10 and 26 miles per day with an average speed of 10-15mph.

Testing Criteria

All students will be required to pass; 1) a written exam with a passing score of 80% or better 2) a demonstration of bike handling skills, and 3) completion of training rides. The skills demonstration and road tests are on a pass or fail basis.

Required equipment

Below is the necessary equipment that **YOU** will need to provide during bike school. If you need any of the equipment, please make arrangement with your chain of command. Bike school instructors will not be providing any bikes, helmets, etc. If you are using a city bike, please ensure ahead of time that the bike you are using is sized correctly to you. For instance, if you are 6'3", don't come to a class with a 16-inch bike designed to fit a 5'5" person. If you have any questions on this, please feel free to contact me.

- Quality mountain bike with a front suspension. The bike needs to have a front headlight and rear taillight. The bike also needs to have toe clips as you will be tested on proficiency.
- Bike helmet that is less than 3 years old since date of first use.
- Bike gloves and protective eyewear. Sunglasses are recommended, but you will also need a clear set of lenses for the night ride.
- Comfortable workout clothing and comfortable running/trail/tennis shoes to wear. If you are an outside agency and desire to wear clipless shoes, that is fine, but you will have to show proficiency with the used of standard toe clips.
- Traffic vest and whistle.
- Body armor, duty belt, and your duty firearm will be required on the last day of the class. Please do not bring these items on the first day. We will provide 9mm ammunition. If you use a different caliber, bring 16 rounds.

***All students must wear a bicycling helmet, eye protection, and cycling gloves while on the bike. No exceptions will be granted.*

Recommended Equipment:

- Alternative hydration system such as a Camelbak.
- Sunscreen lotion.
- Energy snacks, i.e. trail mix, power bars, cliff bars, fruit, etc.
- Padded bicycle shorts. If you are not accustomed to riding a bike, you will receive saddle soreness. If you wear padded bike shorts, please wear athletic shorts over them.
- Multi-tool.

Lastly, please hydrate yourselves and eat well before the school starts!! **START DRINKING WATER NOW!!** Cramping and other injuries can be avoided by doing so.

Weather

The training will be held regardless of the weather with few exceptions. Students should be prepared to ride in weather consistent with the month of October in North Texas.

Information

Cost of the 40 hour TCLEOSE credited course is **\$100.00** and includes water bottles, patch kits, tire levers, certificate and lapel pins for each student. The school will also provide bicycle cleaning supplies, spare tubes, pumps, 9mm ammunition, and maintenance tools. For reservations and/or information, call the **Arlington Police Training Academy.**

PHONE: 817-299-2891 – Clara Jackson

FAX: 817-451-8109

LEAD INSTRUCTOR: Christopher.theisen@arlingtontx.gov