



SPOKANE COUNTY SHERIFF'S OFFICE
TRAINING ANNOUNCEMENT



Police Mountain Bike School

Course Date: May 11th – 15th, 2015
Course Time: 0800-1700 hrs
Location: Spokane County Sheriff's Office Training Center
6011 North Chase road, Newman Lake, WA 99025

Course Information:

This 40 hour course will certify students as Police Cyclists through the International Police Mountain Bike Association. This class combines classroom instruction and on-the-bike practical exercises, which include but are not limited to: slow-speed cone drills (tested), obstacle clearing (tested), off-road riding, group riding, bike-oriented patrol procedures and bike maintenance. Students should expect to be riding their bikes for 4-5 hours per day and be able to ride 5 miles daily without difficulty. This class is limited to 10 people so register soon!

Required Equipment:

- Mountain bike from reputable manufacturer in good working condition (having pedal retention devices, two water bottles, hydration delivery system, headlight, L.E.D. or flashing red tail light, patch kit, tire levers, two spare tubes, frame mounted tire pump, and rear mount kick stand).
- Safety equipment (eye protection, bicycle helmet, padded cycling gloves, and optional body armor).
- Appropriate attire (casual bicycling clothing on the first three days, but uniform required for the test on the last day).
- Full duty belt (including handgun, magazines, handcuffs, and flashlight)

Instructors:

This class is taught by Charles O'Roake which is currently a Police Officer for the Federal Reserve Bank Police Department. Charles has been an instructor for IPMBA since 2010.

Cost:

\$495 per student. Make checks payable to the Spokane County Sheriff's Office. Payment must be received prior to the start of class. Cost includes IPMBA membership.

To Register:

For more information, please contact Deputy Jeremy Jeske by email (SCSOtraining@spokanesherriff.org) or call (509) 477-3211.



