

International Police Mountain Bike Association Cyclist COURSE

Mandatory Equipment & Materials Checklist

<p>DUTY BICYCLE Reputable manufacturer mountain bike properly sized and in good working order Street/combo tires (<i>size 26 x 1.5 - 26 x 2.1</i>) Pedal retention devices Two water bottle cages & bottles and/or hydration delivery system Headlight with 10 watt minimum Steady or flashing red taillight Rear mount kick stand Rear rack with full size rack bag Off-road tires (<i>optional</i>) Panniers (<i>EMS students only</i>)</p> <p>TOOLS Patch kit Tire levers Two spare tubes Compact tire pump or CO₂ Allen wrenches (4mm, 5mm, 6mm, 8mm) Wrenches (8mm, 10mm)</p> <p>SAFETY EQUIPMENT Eye protection (<i>wraparound, clear and tinted</i>) Bicycle helmet (<i>ANSI, Snell or CPSC approved</i>) Padded cycling gloves</p>	<p>ATTIRE Full duty uniform (<i>worn daily</i>)</p> <ul style="list-style-type: none"> o Shirt o Cycling shorts/pants o Body armor protective vest Shoes Clothing for all weather (<i>light jacket, raingear, etc.</i>) <p>Off-road cycling clothes (<i>optional</i>)</p> <p>FULL DUTY BELT (<i>police and security only</i>) Duty weapon (<i>optional; this class does not include live-fire exercises</i>) Baton Cuff key Keepers Magazine Handcuffs Flashlight</p> <p>OTHER Bug spray Sunscreen skin protection Pens, paper, and other classroom needs. Physical Activity Readiness Questionnaire (PAR-Q) (<i>required</i>) and Medical Clearance sheet (<i>if indicated by the PAR-Q</i>)</p> <p>IPMBA waiver & copyright agreement (<i>to be signed on-site</i>)</p>
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