



# TRAINING ANNOUNCEMENT

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Announcement

June 10, 2010

**Course Title:** Mountain Bike Patrol In-service

**Date:** September 29, 2010  
0800 – 1700 hours.

**Course Description:**

This is a refresher course for any officer who has previously attended a police cyclist school and wishes to enhance their current skill level. This course will include low speed cone courses as well as an off road trail ride at Carvins Cove.

**Pre-requisite:** Must have successfully completed a police cyclist school.  
Must be in good physical condition with no physical restrictions.

**Required Equipment:**

1. Heavy duty, multi-speed mountain bicycle, police model preferred
2. Pedal toe clips and straps
3. Water bottle and frame mounted bottle holder (2 recommended)
5. Helmet, cycling gloves and padded cycling shorts
6. Wrap around style cycling sunglasses/safety glasses
7. Spare tire tube and tire changing levers

**In-service Credit:** 8 hours career development.

**Registration:** Please contact Cindy at the academy at (540)375-3095 or email [csarver@cardinalacademy.org](mailto:csarver@cardinalacademy.org) to register for this course.

**Fee:** No fee for member agency personnel. \$75 per officer for non-member agency personnel.