

SURVIVAL SKILLS FOR THE MOUNTAIN BIKE OFFICER

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2000



SURVIVAL SKILLS FOR THE MOUNTAIN BIKE OFFICER

DAY 1

ADMINISTRATION AND INTRODUCTION
WINNING MINDSET
NOMENCLATURE & ACCESSORIES
EFFECTIVE CYCLING
FITNESS
EQUIPMENT FITTING
PRE-TEST
FUNDAMENTALS OF SHOOTING
DRAWING THE PISTOL
INTRODUCTION FIRE AND ZERO
DOUBLE TAPS
RELOAD DRILLS AND STOPPAGES
DRUG AND ARMOR
MULTIPLE TARGETS

DAY 2

EFFECTIVE CYCLING PRACTICAL
- Tuck and Roll
- Braking Practical
- Dismounts – Half's & Powerslides left and
right
- Direction Changes 90&180
- Rock Dodge & Quick Turns
- Track Stand
- Obstacles
CONE DRILLS
- Lock Box
- Serpentine/Crossover
- Figure 8
PATROL PROCEDURES
- Contact Cover
- Communication
- Vehicle Stops
- Responding to Alarms
- Narcotics
- Suspicious Persons
USE OF COVER & FIRING POSITIONS
STATIC TURNS
STANDING BIKE DISMOUNTS - LIVE FIRE
- Next to Bike
- Kick
- Power pedal

DAY 3

ACTIVE COUNTERMEASURES
BIKE DEFENSE

- Wheel Up
- Bike Roll
- Bike Kick

MOUNTS

PURSUIITS 1 man

- Tag Drills
- Full Simulation

ONE HAND FIRING

FIRING ON THE MOVE

POST ENCOUNTER ACTIONS

MOVING TARGETS

RELATIVE POSITIONING

RIDING DISMOUNTS LIVE FIRE

SNAPPING IN

DAY 4

BIKE UNIT TEAM TACTICS

TEAM PURSUIITS PRACTICAL SCENARIOS

PAIRED SHOOTING DRILLS

LOW LIGHT LECTURE

LOW LIGHT RIDING OBSTACLE COURSE

LOW LIGHT FIRING

DAY 5

WRITTEN EXAM

STANDARD DRILLS

SKILLS TEST

FINAL SCENARIOS

TRAINING SAFETY RULES

A. Rendering the Weapon Safe

1. Always Point Weapon in a Safe Direction - MUZZLE AWARENESS
2. SAFETY ON (S/white) If Applicable
3. Magazine Removed
4. Bolt, Slide, or Cocking Lever Locked to the Rear
5. Visually and Physically Inspect the Chamber

B. FIREARMS SAFETY/MAIN SAFETY RULES

1. Treat Every Firearm as if it Were Loaded
2. Never Point a Firearm at Anything or Anybody that You Do Not Intend to Shoot, or in a Direction Where an Unintentional Discharge May Do Harm.
3. Never Place Your Finger into the Trigger Guard until Ready to Fire
4. Be Sure of Your Target, Backstop, and Beyond

C. GENERAL TRAINING SAFETY RULES

1. Wrap Around Eye Protection is MANDATORY
2. Ear Protection is MANDATORY
3. Hats (Baseball Style) is MANDATORY
4. Long Sleeve Shirt is Recommended
5. We are Responsible for Each Others Safety - Anyone Seeing a Safety Problem Must Report it Immediately to an Instructor. Additionally, Anyone May Stop an Exercise if They See a Safety Problem
6. Report Any and All Injuries Immediately to an Instructor - Don't Suffer in Silence
7. It is Each Participants Responsibility to Cover All Open Wounds and Cuts Before Class Begins. If this Type of Injury Occurs During the Training Session, the Participant Will Immediately Notify an Instructor, Attend to the Injury; and Cover with First Aid Materials Available which Consists of Band-Aids, Gauze Pads & Tape, Alcohol and/or Disinfectant Wipes. Treat All Blood and Body Fluids with the Utmost Caution. Gloves Will be Used if there is any Possibility of Coming into Contact with Blood or Body Fluids
8. AT NO TIME is any Participant Allowed to Leave the Training Area without the Permission of the Primary Instructor.
9. Remember to Work at Your Own Pace - Don't Over Exert Yourself
10. Realistic Training is Important, However Safety Comes First!
11. Do not Enter Any Unauthorized Areas

D. SIMULATIONS/SIMUNITIONS

1. Mouth guards Will be Used, as Needed, for Simulation Training
2. No Live Ammunition Will be Loaded or Carried During Simulation Training Exercises (Double Checked by Participants & Instructors)
3. When Using Blank or Marking Cartridges, or Distraction Devices, You may Only Use Those that are Issued and You Must Double Check Them to Insure they are Intact.
4. Issued Protective Gear e.g. Face shields, Padding, etc. Must be worn properly and at all times during Simulation/Simuniton training until directed otherwise by the Instructor.
5. When using Simuniton rounds, **No Intentional** Groin or head shots will be allowed and shots within two feet of a role player are not allowed.
6. Students will **immediately** cease activities when a sharp sustained blast of a whistle, and/or an instructor yelling stop is announced.
7. Students will immediately cease actions upon a role player announcing "Stop" "Out of Role"!

E. SHOOTING HOUSE SAFETY RULES

1. Authorized Firearms Instructors Must be Present During Use
2. **BODY ARMOR** Must be Worn by Everyone who Enters the House
3. Prior to Live Fire Exercises, **Rooms Will be Checked** to Insure that No Personnel are Present
4. Firearms Instructors Will Insure Targets are Placed so that when Engaged, Rounds will Not Exit the House
5. Pistol Caliber Ammunition Shall Only be Used (Approved List)
6. No Steel Targets Allowed
7. Instructors Must Review All Targets and Angles of Deflection Before Beginning Live Fire
8. All Damage Must be Repaired, Replaced and Reported
9. During Multiple Use, Doors Must be Double Locked
10. Rotating Light Must be On During Use
11. Fire Extinguishers Must be Present During Use
12. Building Must be Checked for Damage and Fires, then Secured
After Use

F. FIREARMS SHALL NOT BE HANDLED BY PERSONS WITH A BLOOD ALCOHOL CONTENT IN EXCESS OF .00% BY WEIGHT OR UNDER THE INFLUENCE OF DRUGS OR MEDICATION THAT WOULD IMPAIR THEIR MOTOR SKILLS, JUDGEMENT OR BALANCE.

BICYCLE/RIDING SAFETY RULES

1. **Smoking is not permitted during times of instruction.**
2. **Participants will not ride bicycles inside the hotel.**
3. **Repair and cleaning of mountain bikes will be completed outside of the hotel.**
4. **All riders will be responsible for maintaining their bicycles in good working order. Those riders using H&K provided TREK bikes, you must report any mechanical difficulties to an instructor immediately.**
5. **All riders must ensure that a check of their bicycle is performed prior to riding.**
6. **No participant will alter, in any way, another participants bicycle.**
7. **All riders will wear a secured helmet, gloves e.g. cycling gloves, and approved eye protection when on the bicycle, whether moving or not.**
8. **Hands on takedowns and arrest techniques will take place only during structured training with a qualified instructor.**
9. **All riders will ride safely, follow the rules of the road and safe cycling principles unless directed to do otherwise by an instructor.**
10. **Participants will stop and assist other officers in the event of a fall, injury, or breakdown, etc.**
11. **Students will not leave the selected training route without permission or knowledge of an instructor, and students will not engage in “horseplay” or any other activities that may endanger themselves or other students.**

WINNING MINDSET

NOTES

A. Attitude

B. Awareness Levels

Condition White - Relaxed, unaware, unprepared and totally oblivious to the surroundings

Condition Yellow - Relaxed but alert, aware of a potential for trouble, constantly "scanning".

Condition Orange - Aware of a potential specific threat, based upon instincts and observations - think tactics.

Condition Red - Aware of danger, prepare to respond or take evasive action immediately, tendency to revert to conditional response - training.

Condition Black - Engaged in combat, if unprepared, one may panic and freeze.

SURVIVAL SKILLS FOR THE MOUNTAIN BIKE OFFICER

**IF OTHER RESOLUTION OPTIONS
DO NOT WORK AND THE FIGHT IS
IMMINENT OR ON, BE...**

NOTES

A. FAST

B. SURPRISING

C. DECISIVE

D. AGGRESSIVE

E. COOL

F. THE WINNER

MOUNTAIN BIKE NOMENCLATURE

NOTES

1. **FRAME**

A. Front Triangle

B. Rear Triangle

2. **DRIVE TRAIN**

3. **GEARING**

4. **STEERING**

5. **WHEELS**

6. **SADDLE**

DAILY INSPECTION

NOTES

DROP TEST

SKEWERS

TIRE PRESSURE

BRAKES

SEAT

BARS AND FORKS

CHAIN

SPOKES

PEDALS

NUTS AND BOLTS

ACCESSORIES

RIDE TEST

ABC QUICK CHECK

NOTES

AIR (pressure, sidewalls and trueness)

BRAKES (pads, cables and levers)

CRANK (bottom bracket and arms)

QUICK RELEASES

CHECK (slow ride for sounds and gears)

ACCESSORIES

NOTES

- | | |
|--|-------------|
| 1. BAR ENDS | <hr/> <hr/> |
| 2. LIGHTING SYSTEM | <hr/> <hr/> |
| 3. CYCLE COMPUTERS | <hr/> <hr/> |
| 4. REAR RACKS | <hr/> <hr/> |
| 5. TOE CLIPS AND STRAPS | <hr/> <hr/> |
| 6. REAR DERAILLEUR GUARD | <hr/> <hr/> |
| 7. FRAME BAGS | <hr/> <hr/> |
| 8. REFLECTORS | <hr/> <hr/> |
| 9. KICK STAND | <hr/> <hr/> |
| 10. FENDERS | <hr/> <hr/> |
| 11. WATER BOTTLES AND CAGES | <hr/> <hr/> |
| 12. SUSPENSION SYSTEM | <hr/> <hr/> |
| 13. WARNING DEVICES – Bells,
horns, whistle | <hr/> <hr/> |
| 14. PUMPS | <hr/> <hr/> |

EFFECTIVE CYCLING

ELEMENTS OF EFFECTIVE CYCLING

- 1. Always obey the rules of the road and all traffic laws
- 2. Be predictable
- 3. Be visible
- 4. Be aware
- 5. Communicate

NECESSARY SAFETY EQUIPMENT

- 1. Helmet – ANSI/Snell/ASTM/ANZI
- 2. Gloves – must still allow easy access to firearm
- 3. Eye protection – clear/tinted

BASIC BICYCLE HANDLING SKILLS

- 1. Toe clip drill
- 2. Looking over the shoulder
- 3. Rock dodge
- 4. Quick turn
- 5. Maximum Braking

ROAD SURFACE SAFETY

There are several different surface hazards that you may face daily. What are they and how can you best address them?



5 TRAFFIC CYCLING PRINCIPLES

- 1. Ride on the right
- 2. Yield to crossing traffic
- 3. Yield when changing lanes
- 4. Intersection Positioning – “The rule of Thirds”
- 5. Speed positioning

BASIC RULES OF CYCLING IN TRAFFIC

- 1. Lane Position Rule
- 2. High Speed Rule
- 3. Turn lane/Intersection Rule

FITNESS

2 TYPES OF EXERCISE

AEROBIC – exercise that can be sustained for a long period of time and is typically done to develop cardiovascular endurance.

ANAEROBIC – exercise that can only be sustained for a short period of time due to its' level of intensity.

The best way to measure your performance and exertion levels is by monitoring your heart rate.

Maximum Heart Rate = 220 – Individual Age

Target Heart Rate = 65 to 85% of maximum heart rate

To increase your aerobic fitness you must sustain your target heart rate for 20-30 minutes.

BODY'S ENERGY SOURCES

Carbohydrates – This is the most efficient and easily converted energy source

Fats – It is a highly concentrated source of energy but is less efficient .

Protein – This is the worst energy source because it is difficult to convert.

WHY IS ALL THIS IMPORTANT?

There have been several studies done over the past 100 years dealing with conditioning/fitness and the bodies ability to respond to stress.

ENERGY SYSTEMS IN THE BODY

ATP (in the muscles – very short term (10-15 seconds)

ANEROBIC GLYCOSIS – short term (up to 90 seconds)

AEROBIC – takes 2-3 minutes to get going, clean burn

CONFRONTATIONS	%AEROBIC	%Anaerobic
5 seconds (100%)	4	96
30 seconds (65%)	25	75
60 seconds (50%)	50	50
90 seconds (30%)	65	35



INVERTED U HYPOTHESIS

“Increases in arousal are accompanied in the quality of performance up to a certain point, after which additional increases in arousal result in a deterioration in the quality of performance”. (Sage, 1984)

3 Types of Motor Skills

1. **Gross**
2. **Fine**
3. **Complex**

The optimal Performance Range (OPR) for fine and complex motor skills is 115-145 beats per minute (BPM). Below 115 BPM's you will not be negatively affected but you will also **not** be enhanced either. Over 145 BPM, you will be negatively affected and above 175 BPM's you will be effective **only** with gross motor skills.

Increased Fitness leads to **Increased Competence**, which leads to **Increased Confidence**. All of this translates into improved **Combat Fitness**.

FITNESS PROGRAMS

It is not uncommon for officers to focus on lifting weights so they can “win the fight quickly”. Other officers run several miles per week so they can “outlast” an opponent. The reality is we, as police officers, need to do both. We must have the strength from anaerobic exercise and the endurance from aerobic exercise. Not all fights are over 10-15 seconds. And we cannot choose whom we are willing to fight. Opponents with superior size and strength are very common. Your fitness program should be a good combination of both aerobic and anaerobic exercise at a speed and duration, which places you in the target heart rate several times a week.

NUTRITIONAL ISSUES

What you eat and drink can have an affect on the outcome of a combat encounter. Ultimately, your body is a motor and what you feed it is the fuel. These are the nutritional rules for peak performance from your body.

1. MAINTAIN FLUID LEVELS
2. AVOID FATTY FOODS/RED MEAT
3. RESTORE CARBOHYDRATE LEVELS IN YOUR BODY ON A REGULAR BASIS
4. AVOID SWEETS AND CAFFEINE PRODUCTS
5. LIMIT ALCOHOL CONSUMPTION.

EQUIPMENT FIT

NOTES

A. MOUNTAIN BIKE

1. **Frame**
2. **Seat**
3. **Stem**

B. HELMET

1. **ANSI/ SNELL/
ASTM/ANZI**
2. **Durability**

C. CLOTHING

1. **Shirt**
2. **Shorts/ Pants**
3. **Weather Gear**

D. Gloves

E. SHOES

PRE-TEST

NAME _____

DATE _____

1. **10' BOX:** Rating _____
Comments _____

2. **CROSSOVER SERPENTINE:** Rating _____
Comments _____

3. **LOCK BOX:** Rating _____
Comments _____

4. **OFF SET CONE:** Rating _____
Comments _____

5. **TRACK STAND:** Rating _____
Comments _____

Ratings will be 1- 5 with 5 being the highest level of proficiency.

INSTRUCTOR _____

FUNDAMENTALS OF SHOOTING

NOTES

PRIMARY OBJECTIVES

A. Control Motion

B. Consistency

1. Stance

2. Grip

3. Sight Alignment

4. Trigger Control

5. Follow Through

6. Scan and Breathe



READY POSITION

NOTES

GENERIC READY POSITION

- 1. **The point, in the draw process, at which hands grip the both firearm.**

- 2. **Muzzle is kept on the threat area**

- 3. **Elbows bent and pulled in**

OPERATIONAL THREAT READY

- 1. **Always dependent on threat/area**

- 2. **Always ready to fire immediately**

- 3. **Takes into consideration weapons retention**



HOLSTERS

NOTES

SELECTION

- 1. **Should Cover Trigger**
- 2. **Should Hold Pistol Secure**
- 3. **Nylon vs. Leather vs. Laminate**
- 4. **Placement**
 - a. Holster
 - b. Magazine Pouches

USES

- 1. **Duty**
- 2. **Special ops (Swat, Military, Etc.)**
- 3. **Concealed**

**THE PISTOL MUST BE DECOCKED
OR ON SAFE BEFORE HOLSTERING**

DRAWING THE PISTOL

NOTES

1. **GRIP** (*Grip Pistol/Release Security Device*)

2. **DRAW** (*Pistol Is Drawn, Stiffen Wrist, Rotate Towards Target*)

3. **READY** (*Hands Come Together, Presentation*)

4. **SIGHTING** (*Finding Front Sight, Locked In, Sights Aligned*)

5. **FIRE IF NECESSARY** (*Press Trigger, Trigger Control*)

FINGER IS OFF THE TRIGGER UNTIL THE SIGHTS ARE ON THE TARGET

Horizontal lines for notes, grouped by step: 5 lines for step 1, 5 lines for step 2, 5 lines for step 3, 5 lines for step 4, 5 lines for step 5, and 5 lines at the bottom.

REHOLSTER

1. Follow through after firing.

2. Scan and Breathe bringing the pistol to a ready position.

3. Decock/or apply Safety if applicable (finger out of the trigger guard).

4. Thumb on back of the slide, Index finger moving security strap.

5. Secure pistol and activate the security device while maintaining observation of the threat and threat area.

LOAD/UNLOAD

LOAD

- 1. **Point the pistol in a safe direction.**
- 2. **Lock the slide to the rear.**
- 3. **Insert a loaded Magazine.**
- 4. **Release the slide.**
 - a. Activate the slide release
OR
 - b. Grab the slide over the top and pull slightly to the rear while pushing the grip forward and release the slide. **(Overtop)**
OR
 - c. Tilt the firearm towards the support side and pinch the slide with the index finger and thumb. Pull the slide towards the rear while pushing the grip forward and release the slide **(Sling Shot)**

UNLOAD

- 1. **Point pistol in safe direction**
- 2. **Apply safety (if applicable)**
- 3. **Remove magazine**
- 4 **Lock slide to the rear**
- 6. **Visually and physically inspect the chamber**

DO NOT ATTEMPT TO CATCH THE EJECTING ROUND, ALLOW IT TO FALL TO THE GROUND

RELOADS

A. SPEED

- 1. Keep eyes on the threat and/or threat area as much as possible
- 2. Tilt magazine well towards support side and tuck arm in
- 3. Find fresh magazine and remove (indexing finger)
- 4. Depress magazine release (finger or thumb) fresh magazine is inserted while used magazine falls.

B. EMERGENCY

- 1. Slide has locked to the rear
- 2. Keep eyes on the threat and/or threat area as much as possible
- 3. Tilt magazine well towards support side
- 4. Find fresh magazine and remove (indexing finger)
- 5. Depress magazine release (finger or thumb). fresh magazine is inserted.
- 6. Release slide

C.

TACTICAL

NOTES

- 1. Pistol I
- 2. s loaded

- 2. Keep eyes on the threat and/or threat area as much as possible

- 3. Tilt magazine well towards support side and tuck arm in

- 4. Find fresh magazine and remove (*indexing finger*)

- 5. Depress magazine release (*finger or thumb*) catching used magazine, fresh magazine is inserted, then place used magazine in pocket (*do not place used magazine in pouches*)

- 6. Return to ready

D.

**One-
hande
d**

- 1. Securing the firearm

- 2. Activating Slide

CLEARING STOPPAGES

NOTES

TAP, RACK, READY Method

1. Failure to fire/Bad
Ammunition.

2. Stove Pipe/Failure
to Extract or Eject

MAGAZINE OUT Method

1. Double Feed.

2. Bad Magazine.



DOUBLE TAPS

A. Presentation Time and Set Time

B. Hammer vs. controlled pair

C. Control recoil

D. Locked in

E. Good stance

F. Why double tap

G. Feet, Knees, Hips,

H. Count Rounds

DRUG AND ARMOR DRILL

A. HEAD OR PELVIC REGION

B. CENTER MASS IS POINT OF AIM FOR HEAD SHOT

C. HIP POINTS OR POCKETS ARE POINT OF AIM FOR PELVIC

D. FIRE TO BODY, ASSESS, TRANSITION TO OPTION AREA

MULTIPLE TARGETS

PRIORITIZATION

SPREAD FIRE

A. ONE TARGET AT A TIME

B. STOP PISTOL ON EACH TARGET

**C. SMOOTH WEAPONS
MOVEMENT/ CONTROL
SWING/DO NOT SWING OVER**



EFFECTIVE CYCLING PRACTICAL

Tuck and Roll

- 1. Side left and right
- 2. Endo

Braking

- 1. Front
- 2. Rear
- 3. Emergency
- 4. Powerslides left and right

Dismounts

- 1. Half – left and right
- 2. Powerslide – left and right

Direction Changes

- 1. 90 and 180

Rock Dodge

Quick Turns

Track Stands



OBSTACLES

NOTES

A. 4X4

B. STAIRS

C. CURBS

D. OFF ROAD

CONE DRILLS

A. LOCK BOX

B. SERPENTINE/CROSSOVER

C. FIGURE 8

D. OFF SET

PATROL PROCEDURES

NOTES

Bike Unit Team Tactics

1. **Distance**
2. **Communication**
 - a. Radio
 - b. Verbal
 - c. Non Verbal

Environmental Factors

1. **Street**
 - a. Abreast
 - b. Stacked
 - c. Staggered
2. **Sidewalks**
 - a. Same/Opposite Sides
3. **Open Areas**
 - a. Surfaces

Contact/Cover Officers

1. **Interview**
 - a. Contact Officer
 - b. Cover Officer
 - c. Bike Positions
 2. **Pursuit Subject Control**
 - a. Contact Officer
 - b. Cover Officer
 - c. Dismount
 - d. ACM
-

Vehicle Stops

Alarms

Narcotics

Suspicious Persons

TACTICAL RIDING TIPS

1. Ride within you and your partners physical limits, to a scene, in order to be an asset rather than a liability. Back off just prior to arrival and stay below your anaerobic threshold.
2. “Heads up” and scan at all times to avoid “tunneling in” .Distance opens your field of vision and allows more reaction time.
3. Consider your cover and concealment options as you approach your destination. No luxury of a patrol car for cover and concealment.
4. Consider your positioning for a tactical retreat, if needed, with or without your bike.
5. In high threat situations you may have to dump your bike spontaneously. Practice and visualize the steps necessary, so when the time comes, you have already completed a number of repetitions.
6. Utilize your bike as a tool, barrier, or distraction device to buy you time in confrontational situations.
7. Recognize the point when your bike no longer serves you mechanically or tactically, I.E. shooting from a moving bike, searching or cuffing a suspect over top of the bike, riding up stairs during a foot pursuit (depending on visibility and distance between officer and suspect), staying connected to the bike if shoved over or in a weapons retention situation, etc.
8. Practice and implement verbal and non-verbal communication with your riding partner. This is a different situation than riding alone in a patrol car, or riding double and rarely making eye contact with your partner. Non-verbal communication should be as uniform within your agency as “10 codes” are.

9. “Pie” corners by leaning forward on the bike & not hugging the walls, vehicles, etc.
10. Provide your back –up with a detailed description of what to look for as they approach your location. Remember you have no patrol car and no overheads.
11. Consider your prep radio and volume, and the possibility of using tactical headsets, or ear pieces as an equipment alternative. At night the acoustics are even greater.
12. Bike headlights can illuminate your partner if you are riding tandem and you are to the rear. Consider turning yours off when approaching a scene. Be stealthy.
13. Become very familiar with the area you will be working prior to working it, on your own time if needed. Envision yourself there, on your bike. What are the potential hazards? Where are the “safe zones”? Advise your partners as well.

Officer Lou Ann Hamblin
Van Buren Township, Police Dept. MI.

USE OF COVER

Cover vs. Concealment

Use of Cover

1. Quick Peeks

2. Distance from cover

3. Cutting the pie

4. Rolling out

5. Stepping out

FIRING POSITIONS

A. Standing

1. Supported– *not recommended*

2. Unsupported

B. Kneeling

1. Supported (low)

Unsupported (high)

3. Double Knee

C. Squatting

1. Feet position

2. Lock in

D. Prone

1. Angle from behind

2.

Hugging

NOTES

Horizontal lines for notes, corresponding to the firing positions listed on the left.

SURVIVAL SKILLS FOR THE MOUNTAIN BIKE OFFICER

STATIC TURNS

A. Stress safety - don't break laser rule

B. Stress stance

C. Counting rounds

D. Zero misses

E. Pivot away from bike but towards the threat

F. Pivot on balls of the feet with body weight forward

**STANDING BIKE DISMOUNTS
LIVE FIRE**

NOTES

A. BIKE AT SIDE - DRAW AND FIRE

B. BIKE IN FRONT - DRAW AND FIRE

C. BIKE IN FRONT - KICK - DRAW AND FIRE

D. HALF - LEFT AND RIGHT SIDE - DRAW AND FIRE

E. POWER SLIDE - LEFT AND RIGHT - DRAW AND FIRE

F. VARIOUS DISMOUNTS - MOVE TO COVER - DRAW AND FIRE

ACTIVE COUNTER MEASURES

1. Introduction

NOTES

2. Verbalization Skills

A.

Surrender Ritual

3. Strikes

A. Forearm

B. Knee

C. Angle Kick

D. Body Check

4. Low Level Simulation

A. Training Bag



SURVIVAL SKILLS FOR THE MOUNTAIN BIKE OFFICER

Weapon Retention

1. VERBALIZATION

2. STEP AND DRAG BACK

3. REVERSE "J"

4. POWER STEERING

5. KNEE STRIKES

6. SECONDARY WEAPON OR PARTNER

BIKE DEFENSES

A. WHEEL UP

B. ROLLING

C. KICK

PURSUIT

A. APPROACH

B. COMMUNICATION

C. DISTANCING

D. DISMOUNT

E. CONTACT

ONE HAND FIRING

A. STEP IN

B. CONSISTENT STANCE

C. CLOSE IN

D. SUPPORT HAND FIRING

1. DRAW

2. RELOAD

FIRING ON THE MOVE

FORWARD

A. Firearm held at the Ready

B. Legs become shock absorbers

C. Roll your feet

D. Walking

E. Shorten stride

F. Speeds

G. Commands

- 1. Move
- 2. Threat
- 3. Up

BACKING OUT

A. Firearm held at the Ready

B. Legs become shock absorbers

C. Roll your feet

D. Step and Drag or Drag & Step

E. Full Step

F. Keep weight forward

LATERAL MOVEMENT

- A. Consistent Movement Technique
 1. Normal
 2. Side Step
 3. Rearward
 4. One - Handed

- B. Consistent Upper body Platform

- C. Control Firearms Movement

- D. Fire Ahead (if possible)

- E. One Target at a Time

- F. Eyes Focused on one target at a time



MOVING TARGET

Stationary Hold

- 1. Firearm stationary, target moves into impact area
- 2. Consistent Hold with necessary Lead

Tracking

- 1. Firearm moves at same speed as target
 - a. Consistent Hold with necessary Lead
 - b. Follow through

Overtaking

- 1. Firearm moves faster than target
 - a. Slow firearm movement establish necessary lead
 - b. If swing past you can establish a stationary hold



RELATIVE POSITIONING

**A. OFFICER HAS GONE TO
GROUND/ENTANGLED IN
BIKE/MUST FIRE
IMMEDIATELY**

**B. LIVE FIRE FROM VARIOUS
CLOCK POSITIONS**

C. DRAWING THE FIREARM

D. LASER RULE

RIDING DISMOUNTS - LIVE FIRE

**A. HALF - LEFT AND RIGHT SIDE -
DRAW AND FIRE**

**B. POWER SLIDE - LEFT AND
RIGHT - DRAW AND FIRE**

**C. VARIOUS DISMOUNTS - MOVE
TO COVER - DRAW AND FIRE**

PAIRED SHOOTING DRILLS

A. CONTACT / COVER OFFICER

B. BIKES AT SIDE - DRAW AND FIRE

C. BIKES IN FRONT - DRAW AND FIRE

D. VARIOUS DISMOUNTS - MOVE TO COVER - DRAW AND FIRE

5. **Someone who is in the dark and looking towards or into a lit area can see very well. Conversely, however, a person who is in a lit area looking towards the dark cannot see as well into the dark**

6. **Pupils are sympathetic**

7. **High or Low Firing**

a. **"Don't fight or out think your body"**

8. **Eye Glasses**

9. **Dark objects**

10. **Available light**

C. ACCESSORIES

1. **Flashlight**

2. **Lasers**

3. **Nights Sights**

4. **Car lights**

5. **Flares**

6. **Chemical lights**

7. **Strobes**

8. **Night vision goggles**

D. HAND HELD FLASHLIGHT TECHNIQUES

1. CHAPMAN (or called the three finger)

2. HARRIES(or called the back of the hand to the back of the hand)

3. AYOOB (or called the thumb to thumb)

4. ROGERS

5. SHOULDER

6. ROLLING

E. GENERAL RULES

NOTES

LOW LIGHT RIDING

A. LIGHTS

B. REFLECTORS

C. CLOTHING

D. DEPTH PERCEPTION

E. HAZARDS

STANDARDS DRILLS

RANGE

DRILL

RDS

HOLSTER

TIME

7M

DISMOUNT - DBL TAP

2

H

3.5

7M

REL
OAD

2+2

UN

6.0

7M

STO
PPA
GE

2

UN

5.0

7M

DISM
OUN
T -

ARM
OR

3

H

4.5

7M

MUL
TIPL
E

2

H

2.5

7M

1
HAN
D

SURVIVAL SKILLS FOR THE MOUNTAIN BIKE OFFICER

		1
		UN
		1.5
50 - 7M		RIDE - DISM OUNT - DBL TAP
		2
		H
		15.0
50 - 7M		RIDE - DISM OUNT - 1 HAND
		1
		H
		17.0
50 - 7M		RIDE -

DISM
OUNT
-MUL
TIPLE

1RD
EA.

H

18.0

START READY POSITION

RIDING SKILLS TEST

NAME _____

DATE _____

CONE DRILLS

- 1. **10' BOX:** Rating _____
Comments _____
- 2. **CROSSOVER** Rating _____
Comments _____
SERPENTINE :
- 3. **LOCK BOX:** Rating _____
Comments _____
- 4. **TRACK STAND:** Rating _____
Comments _____
- 5. **OFF SET** Rating _____
Comments _____

DISMOUNTS

- 1. **CROSSOVER TO LT:** Rating _____
Comments _____
- 2. **CROSSOVER TO RT:** Rating _____
Comments _____
- 3. **POWERSLIDE 90 TO LT:** Rating _____
Comments _____
- 14. **POWERSLIDE 90 TO RT:** Rating _____ Comments _____

DIRECTION CHANGES

- 1. **DIRECTION CHANGE TO LEFT:** Rating _____
Comments _____
- 2. **DIRECTION CHANGE TO RIGHT:**
Rating _____
Comments _____
- 3. **POWERSLIDE 90 RT/DIRECTION CHANGE:**
Rating _____
Comments _____



SURVIVAL SKILLS FOR THE MOUNTAIN BIKE OFFICER

4

POWERSLIDE 90 LT/DIRECTION CHANGE:

Rating_____

Comments_____

5.

POWERSLIDE 180/DIRECTION CHANGE:

Rating_____

Comments_____

OBSTACLES

1.

CURBS: Rating_____

Comments_____

2.

STAIRS: Rating_____

Comments_____

Rating will be a **P** or **F** for either **PASS** or **FAIL**.

INSTRUCTOR_____