



18th Annual IPMBA Conference

Indianapolis, Indiana ~ April 2008

IPMBA EMS CYCLIST II CERTIFICATION COURSE APRIL 20-23, 2008

IPMBA EMS Cyclist II Course Mandatory Equipment & Materials Checklist

General Information

Location: Crowne Plaza Indianapolis Conference Center

Check-In: Saturday, April 19, 4:00-8:00pm, Conference Center Lobby. You will receive your namebadge and your course syllabus and be directed to the appropriate classroom. Bike Check will be open in the Crowne Plaza starting at 12:00pm on Friday, April 18.

Schedule: The class will begin promptly at 8:00am on Sunday. Please wear your full duty uniform. Your bike should be in the Bike Check area, fully assembled and ready to ride. Lunch will be served at noon each day.

Be Prepared to Work Hard: This demanding class involves over 20 hours of on-bike time to develop and improve your riding skills. The remainder of the 32 hours will be spent in classroom sessions.

Certification

The course concludes on Wednesday, April 23, at 5:00pm, with a graduation ceremony. *IPMBA EMS Cyclist II* Certificates will be presented to those students who successfully complete the course.

If you have any questions about the course content or equipment requirements, please contact Lead Instructor Marc Zingarelli, Circleville Fire Department, at marczing@earthlink.net or 614-395-7994.

DUTY BICYCLE

- Reputable Manufacturer Mountain Bike in good working order, properly fitted
- Street/Combination Tires (size 26 x 1.5 - 26 x 2.1)
- Pedal Retention Devices (toe clips or clipless pedals)
- At least one water bottle cage & bottle
- Hydration Delivery System (recommended)
- Headlight (42 lumens at 10 feet)
- L.E.D. or Flashing Red Taillight
- Rear Mount Kickstand
- Heavy Duty Equipment Rack
- Panniers & Rack Bag
- Off-Road Tires (optional)

TOOLS

- Patch Kit
- Tire Levers
- Two Spare Tubes
- Compact Tire Pump or CO₂

SAFETY EQUIPMENT

- Eye Protection – wraparound, clear and tinted
- Bicycle Helmet (ANSI, Snell, or CPSC-approved)
- Padded Cycling Gloves

ATTIRE

- Full Duty Uniform (worn daily)
 - Shirt
 - Shorts/Pants
 - Shoes
- Foul Weather Gear (jacket, pants)
- Off-Road Cycling Clothes

OTHER

- Pencil/Pen
- Notebook
- Sunscreen
- The enclosed PAR-Q (required) and medical clearance sheet (if indicated by PAR-Q)
- Signed IPMBA waiver (to be signed on-site)

Note: Instructors are not equipped to supply students with the above materials.