



I P M B A

## IPMBA INSTRUCTOR COURSE Mandatory Equipment & Materials Checklist

### DUTY BICYCLE

- Reputable manufacturer mountain bike properly sized and in good working order
- Street/combo tires (*size 26 x 1.5 - 26 x 2.1*)
- Pedal retention devices (*toe clips or clipless*)
- Two water bottle cages & bottles
- Hydration delivery system (*recommended*)
- Headlight (*42 lumens measured at 10 ft.*)
- Steady or flashing red taillight
- Rear mount kick stand
- Rear rack with full size rack bag
- Off-road tires (*optional*)
- Panniers (*EMS students only*)

### TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Compact tire pump or CO<sub>2</sub>
- Allen wrenches (4, 5, 6, 8mm)
- Wrenches (8, 10mm)

### SAFETY EQUIPMENT

- Eye protection (*wraparound, clear and tinted*)
- Bicycle helmet (*CPSC approved*)
- Padded cycling gloves
- Body armor

### ATTIRE

- Full duty uniform (*worn daily*)
- Shirt
- Cycling shorts/pants
- Shoes
- Clothing for all weather (*light jacket, raingear, etc.*)
- Off-road cycling clothes (*optional*)

### FULL DUTY BELT (*police and security only*)

- Duty weapon (*optional; this class does not include live-fire exercises*)
- Baton
- Cuff key
- Keepers
- Magazine
- Handcuffs
- Flashlight

### OTHER

- Bug spray
- Sunscreen skin protection
- Complete Guide to Police Cycling*
- Instructor materials for in-class presentations (*materials/equipment to prepare visual aids, e.g., transparencies, laptop with PowerPoint, CD, memory sticks, etc. Projectors, screens, and flipcharts for in-class use only will be provided. See Letter of Expectations for clarification.*)
- Flash drive or memory stick, 1 GB capacity (*recommended*)
- Pens, paper, and other classroom needs.
- Physical Activity Readiness Questionnaire (PAR-Q) (*required*) and medical clearance sheet (*if indicated by the PAR-Q*)
- IPMBA waiver & copyright agreement (*to be signed on-site*)