



IPMBA

## IPMBA INSTRUCTOR COURSE

### Required Equipment & Materials Checklist

#### DUTY BICYCLE

- Reputable manufacturer public safety mountain bike in good working order, properly fitted
- Street/combo tires (*size 26-29 x 1.5 – 26-29 x 2.1; no knobbies*)
- Pedal retention devices (*BMX-style platform pedals are not acceptable*)
- At least one water bottle cage & bottle
- On-body hydration delivery system (*recommended*)
- Headlight (*42 lumens measured at 10 ft.*)
- L.E.D. steady or flashing red taillight
- Rear mount kick stand
- Rear rack with full size rack bag
- 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

- Bicycle helmet (*ANSI, Snell, or CPSC-approved*)
- Eye protection (*shatter-resistant, wraparound, clear and tinted*)
- Padded cycling gloves
- Body armor (*if worn on duty*)

#### ATTIRE

- Full duty bike uniform (*worn daily*)
  - Shirt
  - Shorts/Pants
- Padded cycling shorts (*recommended*)
- Shoes
- Foul weather gear (*jacket, pants*)

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

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

#### OTHER

- 25' Tape Measure
- Pen/Pencil
- Notebook
- Sunscreen
- Bug spray
- Laptop computer (*strongly recommended*)
- Flash drive or memory stick, min 1 GB capacity (*strongly recommended*)
- Instructor materials for in-class presentations (*materials/equipment to prepare visual aids, e.g., laptop with PowerPoint, CD, memory sticks, flipchart, etc. Projectors, screens, and flipcharts for in-class use only will be provided. See Letter of Expectations in application for clarification.*)
- Complete Guide to Public Safety Cycling* ([www.jblearning.com](http://www.jblearning.com), 800-832-0034)
- 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*)