

Law Enforcement Bicycle Association

Never Give Up....Never Stop Trying!



2016 INSTRUCTOR COURSE

Orlando Airport Marriott Lakeside
Orlando, FL.
October 17-22, 2016

Law Enforcement Bicycle Association

The Law Enforcement Bicycle Association (LEBA) is proud to announce a Law Enforcement Police Mountain Bike Instructor Course, which is a nationally recognized course. This six (6) day course is scheduled for October 17-22, 2016 in and around Orlando, Fl. This course will challenge you both physically and mentally. All candidates must have completed a basic class "A" or "B" certified course or *equivalent*. Topics for the course are as follows:

- **Exercise Physiology**
- **Bike Fit**
- **Basic Mechanics**
- **Police Technical Skills**
- **Firearms**
- **Slow Speed/High Speed Drills**
- **First Aid**
- **Mastering Stairs**
- **Instructor Development**
- **Effective Cycling**
- **Training Rides**
- **Nutrition**
- **Common Injuries**
- **Stretching**
- **Accident Prevention**
- **Emergency Braking**
- **Gears and Cadence**

This class will stress teamwork and overcoming obstacles with emphasis on teaching technique. Students will be assigned a lecture topic and submit a typed lesson plan and will be required to give a 12-minute evaluated presentation on the topic provided. Although it is not a requirement, having attended a basic instructor development course would be very beneficial.

Training rides will be conducted daily and you must be able to complete 30-50kms (25-35 miles) maintaining a 20-30kph (14-18 mph) pace.

LEBA maintains a high training standard for our instructors. All instructor candidates must complete all cone drill techniques to the satisfaction of the Instructors and pass a written examination with a passing score of **80%** or higher.

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Prerequisites to attend this course:

1. Be a member of a City, County, or State/Provincial, Federal or Military Law Enforcement agency.
2. Have successfully completed a basic class "A" or "B" certified LEBA course or its equivalent.
3. Be in excellent physical condition with no medical conditions that would prevent you from participating in strenuous physical activity.
4. Have Department/Agency approval to attend.
5. Be covered by appropriate "on the job" industrial insurance.
6. Bring a CPSC, CSA, SNELL, ANSI or ASTM approved bicycle helmet.
7. Bring eye protection, cycling gloves and comfortable cycling clothing with proper shoes for cycling.
8. Bring toe clips & straps or power grips on your pedals. Clipless systems will only be allowed if your Department uses clipless pedals for patrol. **(All students must be able to demonstrate proficiency with toe clips)**
9. Bring a bicycle that is mechanically sound and functioning properly, (including lights for night riding).
10. Have a great attitude and the desire to work as a team member with officers from different jurisdictions.
11. One day of scenario training will be conducted using Simunitions. You will be required to bring your issued duty belt with holster. LEBA will provide the Simunition weapons and ammo.

Students will receive:

- ❖ LEBA National Certification
- ❖ LEBA Instructor Training Manual
- ❖ LEBA Lapel Instructor pin
- ❖ LEBA Instructor T-shirt
- ❖ LEBA Instructor Jersey
- ❖ LEBA Instructional aids.

Bike Shop Info:

Bike shop information is coming soon. If your flying, we recommend shipping your bike in advance to save money and eliminate the frustration of trying to fly with your bike.

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Hotel Information:

Orlando Airport Marriott Lakeside

7499 Augusta National Drive,
Orlando, FL, 32822-5015, (407) 851-9000

Contact Info:

Jay Smith – Treasurer, is the Course Coordinator

Cell: 1-407-832-3505

E-mail: jaylionelsmith@gmail.com

You can also contact Ben Kaufman - President for further information

Cell: 1-417-350-4275

E-mail: bikecop_901@yahoo.com

Course Registration Procedures:

Tuition is **\$850.00** USD

NOTE: Payment must be received in advance of the course. LEBA does understand the issues that can delay this process. If this is a problem, you must contact Jay Smith (Treasurer) to make the appropriate arrangements.

Complete the registration pages 5 & 6 and email/mail them to Jay Smith at jaylionelsmith@gmail.com

Once the registration and waiver have been received, a confirmation packet will be e-mailed to you. With the class size limited, it is recommended that you wait until you receive the confirmation package before you make arrangements for travel that is non-refundable.

PLEASE NOTE: IF YOU ARE TRAVELLING BY AIR DO NOT BOOK YOUR FLIGHTS UNTIL YOU RECEIVE YOUR CONFIRMATION FROM LEBA.

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Orlando, FL. October 17-22, 2016

REGISTRATION FORM

Please Type or Print Legibly

First Name: _____ MI: _____ Last Name: _____

Department: _____ Rank: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Work Phone: _____ Cellular: _____

Home Address: _____ City: _____

State: _____ Zip: _____ Home Phone: _____

Email Address: _____

List your experience as a bike patrol officer: _____

Basic bike school completed: LEBA IPMBA Date: _____

Instructor's Name and Phone Number: _____

Have you attended an Instructor Development course? Yes No

List your experience as an instructor: _____

Are you a member of any cycling organizations? USA CYCLING IMPBA LEBA

Local Club: _____ Other: _____

Your cycling ability is: Beginner Intermediate Advanced Expert

Jersey Size: _____ T-Shirt Size: _____ Mountain Bike Brand: _____

All students must be considered on-duty with their respective departments and need their department head's signature.

Print Department Head's Name

Signature of Department Head

Law Enforcement Bicycle Association

WAIVER Orlando, Fl.

Please accept this as my application for membership and/or request for training with the Law Enforcement Bicycle Association (L.E.B.A.). I acknowledge that cycling, mountain biking, as well as the police tactics including firearms training are inherently dangerous activities. I agree to participate at my own risk and that the Law Enforcement Bicycle Association is an association formed to advance the training of police, security, military and emergency medical personnel. The efforts of which directly benefit me. In consideration of the agreement of the Law Enforcement Bicycle Association (L.E.B.A.) to accept me into its training program, hereby on behalf of heirs assigns, personal representatives, and myself. I release and forever discharge the Law Enforcement Bicycle Association, its employees, agents, members, sponsors, promoters, host departments and affiliates from all liability, claim, loss, cost or expense. And waive and promise not to sue on any such claims against any such person or organization, arising directly or indirectly from or attributable in any legal way to any negligence, action or omission. To act of any such person or organization in connection with sponsorship, organization or execution of any police, security, military or emergency medical service mountain bike training or sporting event. Including travel to and from such event, in which I may participate as a rider and/or student, member or spectator currently having no physical or mental condition that would impair my capability for full participation as intended or expected of me (except for): _____.

For valuable consideration, I hereby grant to the Law enforcement Bicycle Association, its assigns, licenses and legal representatives the irrevocable right to copyright, publish and use in any form or media, for advertising, trade, stock use, or other lawful purpose any likeness or photographs in which I am included. I *wave* the right to inspect or approve the finished product, including written copy. I hereby release and agree to hold harmless L.E.B.A., its assigns and those operating under its authority from any liability by virtue of the lawful use of these pictures. I warrant that I am of legal age, and that I have read and understand the contents of this release.

I also acknowledge that my participation or payment for participation does not guarantee that I will complete or graduate from the training I am about to receive and that I may not be entitled to a refund. I further understand that upon my successful graduation from the "Instructor Course" I will be certified to teach the L.E.B.A. course "A", "B" & "C" curriculums. I further agree to not reproduce the information or material used or supplied or explained by the agent or instructor(s) of the Law Enforcement Bicycle Association may violate copyright and trademark laws of the *United States Code, USC*. And, can result in at least the removal of myself from the organization, revocation of any certificates and loss of fees paid for such training.

Signature _____ Date _____

Print Full Name _____

Email, Fax, or Mail these forms to:

Instructor Initials: _____

LEBA

Jay L. Smith, Treasurer

204 Willow Bend Dr. Clermont, Fl. 34711

jaylionelsmith@gmail.com