

**LAW ENFORCEMENT BICYCLE ASSOCIATION**

**FINAL EXAMINATION**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**11)** TO FIND YOUR TARGET HEART RATE YOU MUST:

A) SUBTRACT YOUR AGE FROM 220 TO GET YOUR MAXIMUM HEART RATE.

B) TAKE 60% TO 80% OF YOUR MAXIMUM HEART RATE.

C) TAKE 90% OF YOUR MAXIMUM HEART RATE.

D) TAKE 60% TO 75% OF YOUR MAXIMUM HEART RATE.

**12)** AEROBIC MEANS:

A) WITHOUT OXYGEN.

B) WITH OXYGEN.

C) YOU EXERCISE WITH ATTRACTIVE PEOPLE.

D) YOU ARE OVERWEIGHT.

**13)** ANAEROBIC MEANS:

A) WITHOUT OXYGEN.

B) WITH OXYGEN.

C) YOU CAN JUMP FOR A LONG TIME.

D) EXERCISE INTENSITY

**14)** WHAT ARE THE THREE KEYS TO INCREASED FITNESS?

A) SHIFTING, GEARS AND CADENCE.

B) FREQUENCY, INTENSITY AND TIME.

C) HEART RATE, AEROBIC AND ANAEROBIC.

D) CARBOHYDRATES, FATS AND PROTEINS.

**15)** WHAT IS ANAEROBIC THRESHOLD?

A) THE PEAK OF AN OFFICERS PAIN LIMIT.

B) THE MAXIMUM LEVEL YOUR SYSTEM CAN HANDLE BEFORE YOUR BODY

BEGINS TO WORK WITHOUT OXYGEN.

C) THE MAXIMUM EXERCISE INTENSITY

D) NONE OF THE ABOVE.

**16)** A GOOD RULE FOR MT. BIKE OFFICERS IS TO DRINK WHEN NOT THIRSTY.

A) TRUE

B) FALSE

**17)** THE MOST EFFICIENT SYSTEM FOR ENERGY IS:

A) AEROBIC

B) ANAEROBIC

**18)** WHICH OF THE FOLLOWING SYMPTOMS IS **NOT** RELATED TO DEHYDRATION?

1. THIRST
2. DRY MOUTH
3. FREQUENT URINATION
4. FATIGUE
5. HEADACHE

**19)** WHEN APPROACHING A STOP...

A) PLACE BOTH FEET ON THE GROUND.

B) DOWN SHIFT TO REDUCE THE RISK OF KNEE INJURIES.

C) LOOK FOR DOGS.

D) LOOK FOR YOUR SUPERVISOR IN CASE HE'S CHECKING UP ON YOU.

**20)** THE RISK OF CARPAL TUNNEL SYNDROME CAN BE REDUCED BY:

A) WEARING PADDED GLOVES.

B) BEING PROPERLY POSITIONED ON THE BIKE.

C) STRETCHING HANDS BEFORE RIDING.

D) ALL OF THE ABOVE.

**21)** THE SADDLE SHOULD BE LEVEL OR TILTED SLIGHTLY UP FOR \_\_\_\_\_\_\_\_\_.

A) MEN

B) WOMEN

**22)** THE INJURIES, PLANTAR FISCIITIS & MORTONS NEUROMA AFFECT WHAT PART OF THE BODY?

1. HAND
2. FOOT
3. KNEE
4. BUTTOCKS

**23)** THE "C" IN THE ACRONYM R.I.C.E. STANDS FOR:

A) CONFORM

B) CIRCULATE

C) COMPRESS

D) CREAM

**24)** THE INJURIES, GUYON’S SYNDROME & CARPAL TUNNEL SYNDROME AFFECT WHAT PART OF THE BODY?

1. HAND
2. FOOT
3. KNEE
4. BUTTOCKS

**25)** ONE OF THE COMMON CAUSES OF SORE KNEES IN A NEW RIDER IS:

A) WEAK QUADS

B) PREVIOUS INJURY

C) MASHING GEARS

D) ALL OF THE ABOVE

**26)** A GENERAL RULE OF THUMB IS: IF THE KNEES HURT IN FRONT, RAISE THE SEAT.

IF THE KNEES HURT IN THE BACK, LOWER THE SEAT.

A) TRUE

B) FALSE

**27)** THE MOST COMMON TYPE OF KNEE INJURY IS:

A) MEDIAL CAPSULAR INJURY

B) ILIOTIBIAL BAND SYNDROME

C) CHONDROMALICIA

D) HAMSTRING TENDON STRAIN

**28)** THE MOST COMMON BIKE ACCIDENT WITH VEHICLES IS THE...

A) LEFT TURN ACCIDENT

B) GREEN LIGHT ACCIDENT

C) RIGHT TURN ACCIDENT

D) NONE OF THE ABOVE

**29)** WHEN CHASED BY A DOG, YOU CAN AVOID "BECOMING ONE WITH THE DOG" BY...

A) TURNING INTO THE DOGS VECTOR.

B) SQUIRTING HIM WITH YOUR WATER BOTTLE.

C) BLOWING YOUR WHISTLE.

D) ANY OF THE ABOVE

**30)** THERE ARE FOUR TYPES OF FALLS. WHICH OF THESE IS CORRECT?

A) STOPPING

B) SKIDDING

C) DIVERTING

D) INSUFFIENT SPEED

E) ALL OF THE ABOVE

**31)** WHICH OF THE FOLLOWING IS NOT ONE OF THE THREE BE'S?

A) BE SEEN

B) BE CAUTIOUS

C) BE PARANOID

D) BE PREDICTABLE

**32)** A SMALL PERCENTAGE OF CYCLISTS RIDE DURING NIGHT TIME HOURS BUT THEY ACCOUNT FOR \_\_\_\_ OF ALL FATALITIES.

A) 12%

B) 22%

C) 43%

D) 62%

**33)** THE BICYCLE IS LEGALLY CONSIDERED A VEHICLE, THUS BICYCLIST HAVE FULL

RIGHTS AND RESPONSIBILITIES ON THE ROADWAY AND ARE SUBJECT TO THE

REGULATIONS GOVERNING THE OPERATION OF MOTOR VEHICLES, WHERE

APPLICABLE.

A) TRUE

B) FALSE

**34)** BICYCLIST MUST BE EQUIPPED WITH A FRONT HEADLIGHT VISIBLE FROM 300

FEET AND A REAR REFLECTOR OR LAMP VISIBLE FROM A DISTANCE OF

200 FEET AT NIGHT.

A) TRUE

B) FALSE

**35)** WHEN CHANGING FROM A DOUBLE FORMATION TO A SINGLE FORMATION

THE RIDER ON THE \_\_\_\_\_\_\_ RIDES IN FRONT OF THE RIDER ON THE \_\_\_\_\_\_\_.

A) LEFT / RIGHT

B) RIGHT / LEFT

C) FRONT / REAR

D) REAR / FRONT

**36)** THE MOST IMPORTANT BRAKE IS YOUR \_\_\_\_\_\_\_ BRAKE, IT HAS 70% OF THE BRAKING.

A) FRONT

B) REAR

**37)** WHEN STARTING FROM A STOP, USING WHICH CHAIN RING IS **NOT** RECOMMENDED?

1. SMALL
2. MIDDLE
3. BIG

**38)** WHICH, IF ANY, OF THE FOLLOWING ARE CROSS-OVER DISMOUNTS?

A) CROSS-OVER DISMOUNT TO THE LEFT SIDE

B) CROSS-OVER DISMOUNT OVER THE TOP TUBE.

C) BOTH A & C

**39)** WHEN RIDING IN A GROUP THE LEADER SHOULD CALL AND POINT TO...

A) ANY AND ALL HOLES.

B) HOLES THAT COULD BEND A RIM OR THROW A RIDER.

C) RAILROAD TRACKS AND DRAINS.

D) B & C ONLY

**40)** WHEN EMERGENCY BRAKING...

A) PEDALS ARE AT 3 AND 9.

B) WEIGHT IS TO THE REAR AND OVER THE REAR AXLE.

C) TWO FINGER BRAKE APPLICATION IS USED ON BOTH BRAKES.

D) ALL OF THE ABOVE

**41)** YOU DO NOT WANT TO USE WHAT GEAR RATIO(S).

A) LITTLE / BIG & BIG / LITTLE B) MIDDLE / LARGE & MIDDLE SMALL

C) LITTLE / LITTLE & BIG / BIG D) B & C ONLY

**42)** WHAT IS THE RECOMMENDED CADENCE FOR THE MT. BIKE OFFICER?

A) 90 - 100 B) 50 - 60 C) 75 - 99 D) NONE OF THE ABOVE

**43)** WHEN APPROACHING A SUSPECT A BIKE OFFICER SHOULD NEVER...

A) DRAW A WEAPON FROM A MOVING BIKE.

B) FIRE A WEAPON FROM A MOVING BIKE.

C) DRAG A SUSPECT DOWN WITHOUT DISMOUNTING.

D) ALL OF THE ABOVE

**44)** THE BIKE OFFICER, ON A TRAFFIC STOP, SHOULD NEVER...

A) PULL IN FRONT OF THE VIOLATORS VEHICLE.

B) PARK DIRECTLY BEHIND THE VIOLATORS VEHICLE.

C) PARK IN FRONT OF THE VIOLATORS VEHICLE.

D) ALL OF THE ABOVE

**45)** AFTER CONTACT ON A VEHICLE STOP, THE VIOLATOR SHOULD…

A) TURN IGNITION OFF

B) TURN FLASHERS ON

B) TAKE THE KEYS OUT

D) ALL OF THE ABOVE

**46)** WHICH OF THE FOLLOWING BICYCLE TACTICS IS PERFORMED BY APPLYING

THE REAR BRAKE AND STEPPING BACKWARDS:

A) BIKE ROLL

B) BIKE THROW

C) WHEEL UP

D) BIKE DROP

**47)** WHICH OF THE FOLLOWING BICYCLE TACTICS IS PERFORMED BY ONE

OFFICER DOING A CROSSOVER FROM THE REAR OF THE SUSPECT

AND ONE OFFICER DOING A POWER SLIDE IN FRONT OF THE SUSPECT:

A) BIKE ROLL

B) BIKE DROP

C) TWO OFFICER BOX

D) SANDWICH

**48)** MT. BIKE OFFICERS ARE RESPONSIBLE FOR DAILY INSPECTIONS OF THEIR

BIKES.

A) TRUE

B) FALSE

**49)** YOU KEEP YOUR BIKE CLEAN FOR THREE REASONS: FIRST FOR SAFETY,

SECOND FOR PERFORMANCE AND THIRD FOR \_\_\_\_\_\_\_\_.

A) APPEARANCE

B) SHIFTING

C) LONGEVITY

D) NONE OF THE ABOVE

**50)** WHAT IS THE LOWEST PSI INFLATION RECOMMENDED FOR OFF ROAD RIDING?

A) 35 PSI

B) 40 PSI

C) 55 PSI

D) THE RECOMMENDED TIRE PRESSURE RANGE PRINTED ON THE TIRE