

Intermediate to Advanced Police Mountain Bike course

Hosted by the University of Utah Police Department
September 28th -October 2nd 2008 in Moab Utah

APPLICATION FOR ACCEPTANCE

Name: _____
Department: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Fax: _____

WAIVER OF LIABILITY AND RELEASE

As a condition of being allowed to attend the Police Bike Skills and Endurance Course in Moab, Utah, September 28th - October 2nd 2008. I understand that participation is on a voluntary basis for all activities. I also understand that mountain biking and cycling in general, are inherently dangerous activities that can and do result in injury, serious physical injury and even loss of life. As a condition of being allowed to attend, I hereby hold the University of Utah Police Department, it's staff, instructors, executive director, executive board, guest lecturers, staff, sponsors, assistants, as well as the Utah Police Academy (POST), Moab Police and Moab Valley Inn, Not liable, for claims of injury, loss or damage to personal equipment, or death. I understand that I will abide by all rules, regulations and safety guidelines while participating in training.

Signature: _____ Date: _____

Return completed form and payment to:

Detective Garth Smith
University of Utah P.D.
1735 E. South Campus Dr.
Salt Lake City, UT. 84112

Phone: (801) 585-1194

Course cost is \$210.00 per person make checks payable to UUPD

Advance Police Bike Course

Mandatory Equipment and Materials Checklist

Duty Bicycle

- Reputable manufacturer mountain bike in good working order
- Pedal retention devices (basket or clipless)
- Two water bottles
- Rear mount kickstand

Tools

- Patch kit
- Tire pump or CO₂ and levers
- Five spare tubes
- Bike Multi-tool
- Extra Chain

Safety Equipment

- Eye protection
- Bicycle helmet (ANSI, Snell or CPSC approved)
- Padded cycling gloves (1/2 and full fingers are good to have)

Attire

- 2-3 pair of Lycra bike shorts (with padding)
- Long sleeve t-shirts or riding shirts
- Long riding pants for cool weather
- Rain jacket and pants (all classes will be held Rain, Snow or Shine)
- Good riding shoes (actual biking shoes are best for off-road riding)

Duty Equipment (Firearms Range)

- Duty Belt
- 250 rounds ammunition
- Ear plugs (NO EARMUFFS)
- Body armor
- Simunition** ammo (2 boxes)

Other

- 2 Bike Locks** (cable type w/lock)
- Duct Tape
- Hydration delivery system (minimum 100oz)
- Eye protection** (day and Night time riding)
- Lighting system 10 to 15 watt system (at least)
- Energy bars 2-3 per day (GU, Clif Bar, Power Bar)
- Lip balm
- Sun block

Optional Equipment

- Tylenol, Ibuprofen or similar pain relievers
- Camera (disposable kind work well)
- Set of off-road tires
- Personal bike for off-road rides
- Bike Degreaser, Bike Chain Lube
- GPS system (if you have one)
- Any parts you are planning on breaking.(check your equipment before the course)