



Bike 1: Bike Patrol Basics

Instructor Manual



Bike 1 Module 1: Bike Safety Student Check Sheet

The student shall satisfactorily complete the following ABCDE Quick Check

[National Bike Patrol ABCDE Quick Check](#)

Student Name			
	Satisfactory	Needs Improvement	Comments
A = Air			
Check Tires			
Check Shocks			
B = Brakes			
Check brakes engagement and visualize brake pads			
Check levers, cables, and housing			
Check Headset			
C = Cassette/Chain/ Cranks			
Check the Cassette for wear/debris			
Check the Chain for wear and lubrication			
Check Crank for play			
D = Derailleur/ Dropper/ Drop			
Inspect derailleur			
Check Dropper post			
Drop test bike			
E = Emergency/Extra Supplies/Energy			
Confirm extra tubes, repair supplies, CO2 cartridge(s) and/or pump			
Confirm sufficient water/hydration drink for your ride			
Consider energy bars, etc.			
Quick-Releases			
Confirm Quick releases are closed, or Axle Nuts/Thru Axles are tight			
Confirm any other quick-releases are secured			
Check Ride			
Check gears and brakes			
Confirm seat, handlebars, and levers			



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The student shall perform a Proper Helmet fitting on their helmet.

[NHTSA Proper Helmet Fit pdf](#)

Student Name			
	Satisfactory	Needs Improvement	Comments
Size			
Helmet is level and adjust sizing pads if needed			
Adjust fit ring until helmet is snug			
Position			
Helmet should sit level on your head and low on forehead			
One or two finger widths above the eyebrow			
Side Straps (if equipped)			
Adjust the slider on both straps to form a “V” shape under, and slightly in front of the ears			
Lock the sliders in place			
Buckles			
Center the left buckle under the chin			
Chin Strap			
Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.			
Final Fitting			
Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.			
Confirm that the helmet does not rock back or forth more than 2 fingers above the eyebrow			



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Bike 1 Module 2: Bicycling Equipment Student Check Sheet

The student satisfactorily completes the following Identification of Bicycling Equipment and Considerations.

[NBP Recommended Tools and Parts List](#)

Student Name			
	Satisfactory	Needs Improvement	Comments
Bike Part Categories			
Frame			
Fork/Suspension			
Brakes			
Wheels			
Tools and Spare Parts			
Review Legal Consideration of Performing Repairs			
Review NBP Tools and Spare parts lists			
E-Bikes			
Describe Class 1, Class 2, Class 3 and Unclassified E-bikes			
Review Local E-Bike Policies			



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Bike 1 Module 3: Outdoor Emergency Transportation – Trail Student Check Sheet

The student satisfactorily completes the following OET-T skills and knowledge.

Student Name			
	Satisfactory	Needs Improvement	Comments
Ambulatory Classification			
Describe the difference between Ambulatory and Non-Ambulatory			
Transportation Resources			
Identify Transportation Resources available in your local patrol environment			
Proper Patient Lifting Techniques			
Human Crutch			
Chair Carry			
Bean Bridge Lift			
Underarm Wrist Drag			
Shoulder Drag			
Extremity Lift			
Two Person Lift & Carry			
Log Roll (OFC assist only)			
Navigation			
Demonstrate Basic Map Reading			
Demonstrate Orientation			
Review Local Patrol Environment Navigation resources			
Other Extrication Options			
Review Other Extrication Options			



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Bike 1 Module 4: Scene Size-up Student Check Sheet

The student satisfactorily completes the following Scene Size-up Considerations.

Student Name			
	Satisfactory	Needs Improvement	Comments
Area Management Types			
Resort Based			
Public Land			
Multi-Land manager-			
MOI/NOI			
Define Mechanism of Injury			
Define Nature of Illness			
5-Steps of Scene Size-up			
Ensure Scene is safe for injured and others			
Determine Mechanism of Injury			
Take Standard Precautions			
Determine the Number of Patients			
Consider Additional Resources			



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Bike 1 Module 5 Adaptive Cycling Student Check Sheet

The student satisfactorily completes the following Adaptive Cycling Considerations.

Student Name			
	Satisfactory	Needs Improvement	Comments
List Types of Cycling Diverse Abilities			
Developmentally Disabled			
Cognitively Impaired			
Blind / Visually Impaired			
Deaf / Hard of hearing			
Physical Disabilities			
Describe Different types of adaptive cycling equipment			
Mountain Bike Tricycles/Quadracycles			
Wheelchair bicycles			
Tandems (two seats) (two or three wheels)			
Comfort bicycles			
Recumbents			
E- Bikes			
Autonomic Dysreflexia			
Describe Autonomic Dysreflexia			
Identify that autonomic Dysreflexia can be a life-threatening emergency			