

Larimer County Search and Rescue
Mountain Bike Certification
Policy and Procedure

PURPOSE

The purpose for having a mountain Bike Certification within LCSAR is to take advantage of those opportunities where bicycles would enhance the mission. The Mountain Bike certified members will assist and support official LCSAR callout missions where rapid deployment for search and rescue services and initial medical assessments may be needed. The Mountain Bike certified members will complement SAR operations. This will be done by providing hasty patrol searches, area reconnaissance, movable radio relay and rapid gear movement,.

The Mountain Bike certified members shall be used when ground operations would be improved due to size of geographic area, population density in urban environments, and restricted situations due to locked or blocked road access. The Mountain Bike certified members would assist in Public education programs when requested and participate in appropriate fund raising events.

II. Selection, Training Criteria, Skills Maintenance

Due to the physical demands placed on team members, and unique nature of the missions covered, highly motivated and experienced LCSAR team members are required. Additionally, team members must be physically fit. Team members shall be selected utilizing the following processes and criteria:

1. To pursue Mountain Bike certification, individuals must have completed the Larimer County Search and Rescue BASART Training, hold a current S1 rating or greater, and be a member in good standing with LCSAR
2. Provide and use their personal mountain bike in good and ride ready condition to be verified by a bike maintenance tech.
3. Complete the Bike tryout, which consists of the East, West and South Valley loops at Lory State Park within a time specified by the team coordinator.
4. Demonstrate ability to operate and ride the bicycle safely and proficiently so as not to endanger themselves or anyone around them.
5. Possess physical ability to properly perform their duties.
6. Attend the International Police Mountain Bike Association ES Cyclist Certification Course.
7. May be required to attend additional intermediate or advanced bicycle handling skills sessions.
8. As weather permits, monthly conditioning rides may be scheduled and Bike members will be expected to participate in one per quarter.
9. Bike Instructors will be required to attend and have a current certification in the IPMBA Instructor Training course. These instructors will be permitted to provide in-house training to LCSAR members as well as being able to go outside the team to provide training.
10. Present a positive image and abide by all protocols set forth by LCSAR.
11. Participate and help with appropriate LCSAR approved public education events throughout the year.

By successful completion of this criteria members will receive the B1 LCSAR Bike rating. A B2 rating is achieved by completing advanced training yet to be determined. Advanced training will include proficient bicycle travel on intermediate and advanced trails as well as additional equipment and skills to travel under adverse weather conditions.

III. Safety

1. When Bikes are utilized for LCSAR missions, two person teams shall be deployed unless otherwise determined by the Bike Coordinator, SAR Manager and Emergency Services Specialist.
2. All Bike certified members shall wear approved helmets while on their bike.
3. All Bike certified members shall wear gloves and safety glasses while riding.
4. All Bike certified members shall carry appropriate personal gear, similar to that which is in the S1 SAR pack
5. All Bike certified members will carry appropriate Team gear which may include medical components depending on team member's medical ratings, radios, equipment to boil water and other equipment that can be shared.
6. During night operation, or other periods of low visibility (inclement weather, etc.) team members shall utilize front and rear lights. At other times, lights shall be used at the rider's discretion.

IV. General Procedures

The Mountain Bike certified members are high profile within LCSAR.

1. Riders should be aware that their conduct is under close scrutiny by the public. Public relations are paramount, and riders should develop a positive relationship with the public while on duty by having a professional appearance and behavior at all times.
2. During any LCSAR activity, bikes shall not be ridden by anyone other than Bike certified members or members in training.
3. Any accident involving a Mountain Bike certified member or their bike shall be reported immediately to the Incident Commander or Event Leader. The incident will be evaluated for deficiencies in training or equipment and make recommendations to eliminate the problems or minimize the likelihood of this occurring in the future.
4. Bike certified members may be deployed to missions even during potentially inclement weather conditions, provided that the conditions are not hazardous to the members.

V. Bicycle Maintenance and Bicycle/Team Equipment

1. Personal bikes that are used by the Biker certified members will require special tools and training for much of their maintenance. Some minor repairs or adjustments can be done in the field, but most require special training and tools to be done correctly.
2. If a bike needs minor repair or adjustment, the team members should do what they are capable of doing with the mandatory tool set required for each Bike certified member.
3. When a major repair is due to circumstances experienced during a mission, the team member should contact the team coordinator to arrange for repairs and or reimbursement as outlined by LCSAR's MOU with the Sheriff.
4. The team member's personal bike used during a LCSAR mission should have a complete service once a year at the expense of the team member. Team members can perform their own servicing of their bikes if they have completed a Basic Bicycle Maintenance course. Bike certified members or an approved Bike Maintenance Tech will have the final say in the use of any bike on missions or practices.

5. The bikes shall be kept as clean as possible to present a good image of the team.
6. The bikes should be cleaned and inspected after each mission.
7. No bike shall be ridden that is in need of maintenance, or has a safety defect.
8. Before and after each mission, all bike and LCSAR equipment shall be inspected and accounted for.
9. Bicycles shall not be left unattended at any time unless locked to a fixed object, except in situations where the safety of the subject or team members would be compromised by trying to secure the bike in this manner.

Required MTB Team Equipment List (in addition to equipment identified in Section V and VI)

- ___ Team MTB shirt - blaze orange
- ___ Team MTB Vest
- ___ MTB Shoes with Aggressive Lugs
- ___ Socks (wool or equivalent)
- ___ Sweater (wool or equivalent)
- ___ Rain gear
- ___ Padded Bike Shorts
- ___ Long pants (wool or equivalent)
- ___ LCSAR MTB Bicycle Helmet
- ___ Under Helmet Head Cover (appropriate for season)
- ___ Gloves
- ___ Compass
- ___ Headlamp with extra bulbs and batteries
- ___ Bicycle lighting front and rear (front - minimum 42 lumens at 10 feet)
- ___ Shelter (tarp, bivy sack, or equivalent)
- ___ Matches and waterproof match case
- ___ Container to heat water
- ___ Fire Starter, Tinder, Candle
- ___ Pocketknife
- ___ Signal tape
- ___ Signal mirror and case
- ___ Whistle
- ___ 3 Cyalume sticks
- ___ Small notebook and pencil
- ___ Sunglasses
- ___ Eye and ear protection
- ___ Water purifier (chemical or filter)
- ___ Toilet articles
- ___ Extra food and water for 24 hours
- ___ First Aid Kit
- ___ Camelbak Mule Pack
- ___ Orlieb Panniers
- ___ Trunk bag
- ___ personal bicycle tool kit containing a multi-tool, tire lever, tube patch kit
- ___ two new spare tubes
- ___ frame-mounted tire pump or equivalent

Additional rescue and medical equipment can be included or substituted as dictated by the mission as long as it does not compromise the safety of the bicycle or Bike certified member.