

San Leandro Police Department
Traffic Division
Quarterly Training Outline
Cones

- I. **Introduction** (0900-0910) 10 min.
 - A. **Safety Guidelines**
 - 1. Equipment
 - 2. First Aid
 - 3. Location of nearest hospital

- II. **Departmental Issued Motorcycle** (0910-0930) 20 min.
 - A. **Motorcycle Check**
 - 1. Safety check of all working parts
 - 2. Proper oil/air etc...
 - 3. Motorcycle is in good working order

- III. **Practical Exercises** (0945-1100) 1 hr/15 min.
 - A. **Cone Patterns/Braking Exercise**
 - 1. 40 mph deceleration
 - 2. Eliminator
 - 3. Figure eights
 - 4. U-turns
 - 5. Pull outs
 - 6. Intersection