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