

National Ski Patrol – New Jersey Region

# 2006 Bike Patrol Refresher Agenda

Session	Topics
Introduction	Registration
	Forms
Logistics / Responsibilities	Parks
	Events
	Racers
NMBP & Liability	Good Samaritan
	NJ State Park VIP Program
	IMBA/NMBP Insurance
Patrol Equipment	Sager traction splint
	Trauma pack
	Toboggan and wheel
	AED
	Ice Packs
	Saline
Personal Equipment	First Aid
	Bike Maintenance
	Other
Communications	Patrol Radios
	Cell phones
Navigation	Maps
	Compass
	GPS
Standard Field Repairs	Flat repair
	Chain repair
	Derailleur adjustment
	Seat adjustment
	Brake adjustment
	Head set adjustment
	Basic spoke and wheel repair
Bike Handling	Shifting
	Breaking
	Descending
	Bunny Hops
	Track Stands
	Dabbing