



STATE OF NEVADA  
**COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING**

5587 Wa Pai Shone Avenue  
Carson City, Nevada 89701  
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JOE LOMBARDO  
*Governor*

MICHAEL D. SHERLOCK  
*Executive Director*

**NOTICE OF WORKSHOP TO SOLICIT COMMENTS ON PROPOSED REGULATIONS**

The Commission on Peace Officer Standards and Training is proposing the adoption, amendment and repeal of regulations pertaining to Chapter 289 of the Nevada Administrative Code.

A workshop has been scheduled for **9:00 a.m. on Thursday, May 4, 2023, at the POST Administrative Office, Classroom #2, 5587 Wa Pai Shone Ave., Carson City, NV.** The purpose of the workshop is to solicit comments from interested persons on the following general topic(s) that may be addressed in the proposed regulations:

**TOPIC**

**NAC REGULATION**

A. Discussion regarding the creation of an Executive Level Basic Certificate and its requirements.

**New Regulation**

A copy of all materials for the meeting may be obtained by contacting Kathy Floyd, Standards Division Chief, at (775) 687-7678, ext.3335, Commission on Peace Officer Standards and Training at 5587 Wa Pai Shone Avenue, Carson City, Nevada 89701. A reasonable fee for copying may be charged.

This Notice of Workshop to Solicit Comments on Proposed Regulations has been sent to all listed meeting locations, all persons on the agency's mailing list for administrative regulations, all Nevada law enforcement agencies, agency single points of contact and posted at the following:

POST Administrative Office, Carson City  
Nevada State Library and Archives, Carson City

<http://post.nv.gov>

<http://notice.nv.gov>

<http://leg.state.nv.us>

Electronically Posted pursuant to NRS 241.020(4)

NOTE: We are pleased to make reasonable accommodations for members of the public who are disabled and wish to attend the meeting. If special arrangements for the meeting are necessary, please notify the Commission on Peace Officer Standards and Training at 5587 Wa Pai Shone Avenue, Carson City, Nevada 89701 or call Kathy Floyd at (775) 687-7678, Ext. 3335, no later than 2 working days prior to the meeting.

## Executive Level Category I Basic Certificate

### NAC 289.xxx–Executive Level Basic Certificate:

1. The Executive Director may award an executive level category I basic certificate to any peace officer who:
  - a. Has been elected or appointed to the executive level position (NAC 289.047). No more than two (2) active executive level basic certificates will be permitted per agency.
  - b. Has met all standards of NAC 289.110 and hired by a Nevada Law Enforcement Agency; and
  - c. Has a history of at least 5 consecutive years of employment as a peace officer; and
  - d. The certification of the peace officer has not been revoked or suspended in any state; and
  - e. The peace officer has satisfactorily completed, within 1 year of date of appointment, a training course that is approved by the Executive Director which consists of a minimum of 80 hours of training that satisfies the requirements established by the Commission pursuant to subsection 1 of [NAC 289.300](#) in:
    - (1) Abuse of older persons;
    - (2) Child abuse and sexual abuse of a child;
    - (3) Civil liability;
    - (4) Classification and receiving of offenders;
    - (5) Constitutional law;
    - (6) Counter-terrorism and weapons of mass destruction;
    - (7) Crimes against persons;
    - (8) Crimes against property;
    - (9) Cultural awareness;
    - (10) Domestic violence, stalking and aggravated stalking;
    - (11) Ethics in law enforcement;
    - (12) Fire safety and use of emergency equipment;
    - (13) Games offenders play;
    - (14) Gangs and cults;
    - (15) Juvenile law;
    - (16) Laws relating to arrest;
    - (17) Laws relating to correctional institutions;
    - (18) Laws relating to drugs, including, without limitation, current trends in drugs;
    - (19) Miscellaneous crimes;
    - (20) Modern correctional philosophy;
    - (21) Probable cause;
    - (22) Public and media relations;
    - (23) Records of offenders in institutions;
    - (24) Rights of victims;
    - (25) Search and seizure;
    - (26) Searches of offender institutions;
    - (27) Supervision of offenders;
    - (28) Training concerning active assailants; and
    - (29) Use of force

- f. The peace officer passes the state certification exam with a score of at least 70 percent; and
- g. The peace officer passes the state physical readiness examination for category I or the Cooper Standard for Law Enforcement Physical Assessment above 50 percentile.
- h. The peace officer must meet all requirements of Chapter 289 to maintain the basic certificate.
- i. Executive level basic certificate expires immediately upon separation as an executive with that agency.

SAMPLE

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

Dynamic Strength (One Minute Push Ups) <b>Male</b>					%	Category
20 - 29	30 - 39	40 - 49	50 - 59	60+		
100	86	64	51	39	99	Superior
62	52	40	39	28	95	
57	46	36	30	26	90	Excellent
51	41	34	28	24	85	
47	39	30	25	23	80	
44	36	29	24	22	75	Good
41	34	26	21	21	70	
39	31	25	20	20	65	
37	30	24	19	18	60	
35	29	22	17	16	55	Fair
33	27	21	15	15	50	
31	25	19	14	12	45	
29	24	18	13	10	40	
27	21	16	11	9	35	Poor
26	20	15	10	8	30	
24	19	13	9.5	7	25	
22	17	11	9	6	20	
19	15	10	7	5	15	Very Poor
18	13	9	6	4	10	
13	9	5	3	2	5	

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

Dynamic Strength (One Minute Push Ups) <b>Female</b>					%	Category
*20 - 29	*30 - 39	*40 - 49	**50 - 59	**60+		
53	48	23			99	Superior
42	39.5	20			95	
37	33	18			90	Excellent
33	26	17			85	
28	23	15			80	
27	19	15			75	Good
24	18	14			70	
23	16	13			65	
21	15	13			60	
19	14	11			55	Fair
18	14	11			50	
17	13	10			45	
15	11	9			40	
14	10	8			35	Poor
13	9	7			30	
11	9	7			25	
10	8	6			20	
9	6.5	5			15	Very Poor
8	6	4			10	
6	4	1			5	
3	1	0			1	

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

Dynamic Strength (One Minute Sit Ups) <b>Males</b>						%	Category	
-20	20 - 29	30 - 39	40 - 49	50 - 59	60+			
62+	55+	51+	47+	43+	39+	99	Superior	
62	55	51	47	43	39	95		
55	52	48	43	39	35	90	Excellent	
53	49	45	40	36	31	85		
51	47	43	39	35	30	80		
50	46	42	37	33	28	75	Good	
48	45	41	36	31	26	70		
48	44	40	35	30	24	65		
47	42	39	34	28	22	60		
46	41	37	32	27	21	55	Fair	
45	40	36	31	26	20	50		
42	39	36	30	25	19	45		
41	38	35	29	24	19	40		
39	37	33	28	22	18	35	Poor	
38	35	32	27	21	17	30		
37	35	31	26	20	16	25		
36	33	30	24	19	15	20		
34	32	28	22	17	13	15	Very Poor	
33	30	26	22	15	10	10		
27	27	23	17	12	7	5		
-27	-27	-23	-17	-12	-7	1		

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

Dynamic Strength (One Minute Sit Ups) <b>Females</b>						%	Category
-20	20 - 29	30 - 39	40 - 49	50 - 59	60+		
55+	51+	42+	38+	30+	28+	99	Superior
55	51	42	38	30	28	95	
54	49	40	34	29	26	90	Excellent
49	45	38	32	25	20	85	
46	44	35	29	24	17	80	
40	42	33	28	22	15	75	Good
38	41	32	27	22	12	70	
37	39	30	25	21	12	65	
36	38	29	24	20	11	60	
35	37	28	23	19	10	55	Fair
34	35	27	22	17	8	50	
34	34	26	21	16	8	45	
32	32	25	20	14	6	40	
30	31	24	19	12	5	35	Poor
29	30	22	17	12	4	30	
29	28	21	16	11	4	25	
28	24	20	14	10	3	20	
27	23	18	13	7	2	15	Very Poor
25	21	15	10	6	1	10	
25	18	11	7	5	0	5	
-25	-18	-11	-7	-5	0	1	

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

Cardiorespiratory Fitness Test (1.5 Mile Run) <b>Male</b>						%	Category
20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79		
8:22	8:49	9:02	9:31	10:09	10:27	99	Superior
9:10	9:31	9:47	10:27	11:20	12:25	95	
9:34	9:52	10:09	11:09	12:10	13:25	90	Excellent
9:52	10:14	10:44	11:45	12:53	13:57	85	
10:08	10:38	11:09	12:08	13:25	14:52	80	
10:34	10:59	11:32	12:37	13:58	15:38	75	Good
10:49	11:09	11:52	12:53	14:33	16:22	70	
11:09	11:34	11:58	13:25	14:55	16:46	65	
11:27	11:49	12:25	13:53	15:20	17:37	60	
11:34	11:58	12:53	13:58	15:53	18:05	55	Fair
11:58	12:25	13:05	14:33	16:19	18:39	50	
12:11	12:44	13:25	14:35	16:46	19:19	45	
12:29	12:53	13:50	15:14	17:19	19:43	40	
12:53	13:25	14:10	15:53	17:49	20:28	35	Poor
13:08	13:48	14:33	16:16	18:39	21:28	30	
13:25	14:10	15:00	16:46	19:10	22:22	25	
13:58	14:33	15:32	17:30	20:13	23:55	20	
14:33	15:14	16:09	18:22	21:34	25:49:00	15	Very Poor
15:14	15:56	17:04	19:24	23:27	27:55:00	10	
16:46	17:30	18:39	21:40	25:58:00	30:34:00	5	
20:55	20:55	22:22	27:08:00	31:59:00	33:30:00	1	



## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

Cardiorespiratory Fitness Test (1.5 Mile Run) <b>Female</b>						%	Category
20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79		
9:23	9:52	10:09	11:34	12:25	12:25	99	Superior
10:20	11:08	11:35	13:16	14:28	14:33	95	
10:59	11:43	12:25	13:58	15:32	16:06	90	Excellent
11:34	12:23	13:14	14:33	16:22	16:57	85	
11:56	12:53	13:38	15:14	16:46	18:05	80	
12:07	13:08	13:58	15:47	17:34	18:39	75	Good
12:51	13:41	14:33	16:26	18:05	19:24	70	
13:01	13:58	15:03	16:46	18:39	20:02	65	
13:25	14:33	15:17	17:19	18:52	20:54	60	
13:58	14:33	15:56	17:38	19:29	21:45	55	Fair
14:15	15:14	16:13	18:05	20:08	22:22	50	
14:33	15:35	16:46	18:39	20:38	22:54	45	
15:05	15:56	17:11	19:10	20:55	23:47	40	
15:32	16:43	17:38	19:43	22:03	24:54:00	35	Poor
15:56	16:46	18:26	20:17	22:34	25:49:00	30	
16:43	17:38	18:39	20:55	23:20	26:15:00	25	
17:11	18:18	19:43	21:57	23:55	27:17:00	20	
17:53	19:01	20:49	22:53	25:02:00	27:55:00	15	Very Poor
18:39	20:13	21:52	23:55	26:32:00	30:34:00	10	
21:05	21:57	23:27	26:15:00	29:06:00	33:32:00	5	
25:17:00	25:10:00	27:55:00	30:34:00	33:05:00	37:26:00	1	

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

*300 Meter Run (Measured in Seconds) <b>Males</b>					%	Category
20 - 29	30 - 39	40 - 49	50 - 59	**59+		
42.6	42	47	52		99	Superior
46	46.1	52	58		95	
48	49	55	61		90	Excellent
49	50	56	63		85	
50.3	51	57	66.4		80	
51	52	60	68		75	Good
52	53	61	70		70	
53.5	54	62	72		65	
54	55	64	74		60	
55	56	66	77.4		55	Fair
56	57	67.6	80		50	
57.5	58	70	82.6		45	
59	58.9	72	83.2		40	
60	61	74.8	85		35	Poor
62.1	63	77	87		30	
64	65	81	89		25	
66	68	83	95		20	
69	70	86	99		15	Very Poor
73.4	74.9	90	101.6		10	
81.3	80.9	104	112		5	
95.1	113.9	143	184		1	

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

*300 Meter Run (Measured in Seconds) <b>Females</b>					%	Category
20 - 29	30 - 39	40 - 49	**50 - 59	**59+		
54	55	65			99	Superior
54.3	56.5	65			95	
56	60	66			90	Excellent
58	63.5	68.2			85	
58.3	66	72			80	
59.7	66.5	72			75	Good
60	68	75.3			70	
61	69.9	78.7			65	
61	71	79			60	
62.7	72	80.5			55	Fair
64	74	86			50	
68.5	75.5	91.7			45	
71	79	94			40	
74.5	80.5	101.8			35	Poor
75	82	106.7			30	
76	85.5	109.3			25	
78	86	110			20	
88	93.5	116			15	Very Poor
97	100	121.5			10	
106.7	114	125			5	
120	210	125			1	

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

*Vertical Jump (Measured in Inches) <b>Males</b>					%	Category
20 - 29	30 - 39	40 - 49	50 - 59	**59+		
30.3	28.4	25.1	22		99	Superior
26.5	25	22	21		95	
25	24	20.3	19.5		90	Excellent
25	23	19.5	18		85	
24	22	19	17		80	
23	21	18	16.5		75	Good
22.5	21	18	16		70	
22	20	17	15.5		65	
21.5	20	17	15		60	
21	20	16.5	14.5		55	Fair
20.5	19.5	16	14		50	
20	19	16	14		45	
20	18.6	15.5	13.5		40	
19	18.5	15	13.5		35	Poor
18	18	14.5	13		30	
18	17	14	12.2		25	
17.5	16.5	14	11.9		20	
17	16	13	11		15	Very Poor
16	15.5	12.1	10		10	
13.6	14.5	11	9.3		5	
10.3	12.1	6.9	6.5		1	

## The Cooper Standard for Law Enforcement Physical Assessment (Scored)

*Vertical Jump (Measured in Inches) <b>Females</b>					%	Category
20 - 29	30 - 39	40 - 49	**50 - 59	**59+		
19	18	13.5			99	Superior
18.8	16.9	13.5			95	
18.1	16	13.3			90	Excellent
18	15.5	13			85	
17.7	15	13			80	
17	15	12.7			75	Good
16.3	14.9	12.3			70	
16	14.3	11.6			65	
15.9	13.2	11.5			60	
15.5	13	11.1			55	Fair
15.2	12.5	10			50	
14.3	12.4	10			45	
14	12	9.6			40	
13.9	12	9			35	Poor
13.5	11.1	9			30	
13	11	8.5			25	
12.6	11	7.8			20	
12	10.9	7.1			15	Very Poor
12	10.2	7			10	
11.4	9.1	7			5	
11	6	7			1	