

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

April 2020

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See our website for more

Information: post.nv.gov

And Facebook at
[Facebook.com/NVPOST](https://www.facebook.com/NVPOST)

Departing and New Employees

Our BPA Susie Russell left POST last month after 2 years of service and though we are sad to see her go, we wish her the best of luck in her new position at the Dept. of Health and Human Services!

This month we welcome in our newest employee, Richard Moore, as our third training officer. He comes to us recently retired as a deputy chief after 22 years with the National Park Service law enforcement and protection program, where he served in assignments in Utah, Arizona, Alaska, Michigan, California, Washington, D.C. and Wyoming. Prior to his federal service Richard served as an officer with the Metropolitan Nashville (TN) Police Department. He has instructed topics from policy and management to patrol skills to crisis intervention and is also an experienced EMS and search and rescue instructor. Richard is also a personal trainer and is working toward certification as a nutrition coach.

Welcome to the team Richard!

Law Enforcement Memorial

Unfortunately due to the Covid-19 shutdown, this years memorial ceremony on May 7th is canceled.

POST 2020 Professional Development Course Calendar

POST will currently be offering the following courses in 2020:

Basic Instructor Development: June 22nd-25th, 2020

POST First-Line Supervisor Program: September 21st-25th & September 28-October 2, 2020

Management Module I: October 5th-9th, 2020

The tuition for these courses will be free. Check out our website for more

info coming soon!

<http://post.nv.gov/>

These classes will held pending official pandemic recommendations

This communication is intended for all of Nevada Law Enforcement. Please forward this document or make it available to anyone for which the material may be of interest. This document is also available from the Home page of <http://post.nv.gov>

SNALET/NALET Meetings

The May 2020 **SNAL-ET** meeting will be held on May 13, 2020 at 9:30 A.M. located at City of Las Vegas, Department of Public Safety, 3200 Stewart Avenue - Las Vegas

The May 2020 **NALET** meeting will be held on May 21, 2020 at 9:30 A.M. located at Regional Public Safety Training Center, 5190 Spectrum Blvd - Reno

NRS/NAC & POST Regulations

NRS 289.550

Certification from POST requirements.

www.leg.state.nv.us/NRS/NRS-289.html

Reciprocity Eligibility Requirements

NRS 289.460 Category I

NRS 289.470 Category II

Peace Officer Definitions by Category.

www.post.nv.gov/Training/Reciprocity/

NAC 289.110

Minimum standards for appointment

www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec1

CORONA Workout

Well, someone had to make one up, why not us here at POST. I know most of you reading this are still going to work but I'm sure most of you also must stay at home for your workouts. Local gyms have shut down for quarantine so it's time to get creative. Since we're staying home for our workouts because of the Corona Virus, I thought I could make a Corona Virus workout that anyone can do at home.

CORONA, C-O-R-O-N-A

- C – Core - Start with 50 sit-ups (remember, no gatherings over 50 people).
- O – Overhead Shoulder Circles; 25 forward, 25 backward.
- R – Reverse Lunge; 25 on each foot. Don't step forward, step backward.
- O – Original Push Up – Your standard push-up, 25 all the way down, all the way up.
- N – Narrow Squats – It's like a squat, only narrower. 25 of them sounds right.
- A – Abs – 50 crunches.
- VIRUS, V-I-R-U-S
- V – V sit-ups, yes, more core work but we all need it. 20 reps.
- I – Inchworms – slither out and back 15 times.
- R – Reverse Crunch 20 times
- U – Upright Rows – Find something around the house you can grab and do 20 reps. (Don't forget to sanitize the object after you use it).
- S – Squats! Finish this cleansing workout with 25 Squats. Keep your hands out in front of you so you don't accidentally touch your face.

Stay healthy, stay safe, and enjoy the workout.

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Reserve Program

The Reserve program has been updated! For enrollment packets, please see the Forms Tab on the POST website.

If you have any questions or need assistance with this program, please call or email Amanda at (775) 687-3310 or

asocha@post.state.nv.us

Reciprocity Reminder

As a reminder per the Commission meeting in September of 2018 all POST Physical Fitness Tests for Reciprocity will be administered by a POST staff member.

For all Southern Nevada tests please contact Warren Turner at 775-687-3348 or

wturner@post.state.nv.us

For all Northern Nevada tests please contact Randy Misch at 775-687-3350 or

rmisch@post.state.nv.us

POST Professional Certificates Awarded

POST is proud to list the following officers that have been awarded Professional Certificates during the month of March

Carson City Juvenile Probation Services	Kent, Raymon D.; Intermediate & Advanced
Gutierrez, Jesse J.; Supervisor	
City of LV Dept of Public Safety	Nolan, Hallie R.; Advanced
Jopalian, Sarkis; Intermediate	Reed, Dallas T.; Intermediate
Clark Co School District PD	Simental, Luis M.; Intermediate & Advanced
Tiu, Christian A.; Advanced	
Valdez, Robert L.; Supervisor	Wanyonyi, James J.; Advanced
Douglas Co SO	Williams, Justin L.; Intermediate
Fricke, Justin F.; Supervisor	
Love, Leland V.; Supervisor	Lyon Co SO
Storke, Jonathan D.; Supervisor	Johnson, Blake R.; Advanced
Eureka Co SO	Miller, Jeffrey S.; Supervisor
Thomas, Tyler S.; Supervisor	NV Dept. of Public Safety
Henderson PD	Franco, Matthew D.; Supervisor
Filsinger, Joshua B.; Intermediate	Granata, Andrew H.; Supervisor
Frank, Max B.; Intermediate	Lee, Erik N.; Supervisor
Scoble, Jason B.; Advanced	NV Gaming Control Board
LV Metro Detention Center	Nishimura, Alex J.; Advanced
Barrowes, Neldon C.; Advanced	Woodruff, Jason S.; Intermediate
Cadet, Franc V.; Advanced	North LV PD
Herrera, Raul A.; Intermediate & Advanced	Gaspardi, Kathyryne B.; Supervisor
Mendoza, Samuel A.; Supervisor	Makinster, Robert M.; Intermediate & Advanced
Nappi, James A.; Intermediate	
Ogas, Kathryn A.; Intermediate, Advanced & Supervisor	Nye Co SO
Peterson, Jothan B.; Advanced	Hopson, Christopher L.; Advanced
Scott, Jennifer L.; Intermediate & Advanced	Reno Municipal Court/Marshals Office
Young, Steve B.; Advanced	Deighton, William G.; Supervisor
LV Metro PD	Sparks PD
Arcalean, Ciprian S.; Intermediate	Janning, Nathan I.; Intermediate & Advanced
Basner, Spencer W.; Supervisor	Kloehn, Jason R.; Advanced
Brown, Barrie J.; Intermediate & Advanced	Mickelson, Kyle A.; Advanced
Bybee, Russell B.; Intermediate	Zolkos, Brett M.; Intermediate
Carrigy, Thomas J.; Intermediate	Washoe Co Dept of Alt Sentencing
Coday, Jeffrey J.; Supervisor	Waymire, Shawn W.; Supervisor
Firestine, Jeffrey C.; Intermediate & Advanced	Washoe Co SO
Gault, Cody D.; Intermediate	Daniel, Shatawna M.; Intermediate
Jensen, Noah W.; Intermediate	Durham, Matthew J.; Advanced
	Michel, Peter F.; Supervisor
	White Pine Co SO
	Erickson, James M.; Intermediate