

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

December 2019

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See our website for more

Information: post.nv.gov

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

POST Academy 2020-01 Enrollment Now Open

The POST Academy 2020-01 begins January 27, 2020. The deadline for the submission of completed enrollment packets is January 9, 2020.

POST no longer accepts names or reservations for spots in the Basic Academy. Spots are received on a first come first served basis of completed enrollment packet submissions. For further information on the POST Basic Academy Enrollment Policy, please see the third page of the [Enrollment Packet](#).

If you have any questions, feel free to contact the Training Division Administrative Assistant, Amanda Socha at 775-687-3310 or at asocha@post.state.nv.us

Training Specialist Opening

Nevada POST is looking for a new training specialist to join our team! This position with the Training Division is a full-time tactical training officer located in Carson City at the Stewart Facility.

For more information visit the link below or go to post.state.nv.us website!

<http://hr.nv.gov/uploadedFiles/hrnvgov/Content/Services/Recruitment/POST%20Training%20Specialist%2010.29.19.pdf>

POST 2020 Professional Development Course Calendar

POST will currently be offering the following courses in 2020:

Every Officer is a Leader: Executive Training, January 26th-27th, 2020

Every Officer is a Leader: Train-the-Trainer, January 28th-29th, 2020

Train-the-Trainers will practice teach in the Line Officer training on the following two days

Every Officer is a Leader: Line Officer, January 30th-31st, 2020

POST First-Line Supervisor Program: February 24th-28th & March 2nd-6th, 2020

Management Module I: March 23rd-27th, 2020

Basic Instructor Development Train-the-Trainer: 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/>

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SNALET/NALET Meetings

The January 2020
SNALET meeting will
be held on January
15, 2020 at 9:30 A.M.
located at Clark County
School District Police
Department - 120
Corporate Park Drive,
Henderson,
NV 89074

The January 2020
NALET meeting will
be held on January
23, 2020 at 9:30 A.M.
located at Attorney
General's Office, 100
North Carson Street
Carson City, NV
89701

Update on new training requirements

During the last session of legislature, numerous bills affecting policing in our state were passed. Included in these are new training requirements that POST is addressing.

AB 478 makes changes to NRS 289.510. This bill adds continuing training requirements to the statute. Specifically, it requires POST to ensure all certified officers receive 12 hrs. of training annually as a requirement of maintaining their POST certificate. This training must be in 7 areas; 1) "De-escalation" 2) Racial Profiling 3) "Intrinsic Bias" 4) Officer well-being 5) Human trafficking 6) Mental health and 7) Firearms. This bill does not address specific performance objectives for each subject and does not make a distinction based on training category. As such this statute applies to all certification categories (Cat I, II, III and reserve).

This law takes effect October 1, 2019. POST received no funding to develop training in these areas, but our training division is working on curriculum. Our goal is to assist agencies in compliance with this requirement at every step. POST staff has spoken to training vendors with the intent of providing options for agencies to meet the mandate. To date one provider, PoliceOne, has reached out to POST and is offering a compliance package at reduced cost which includes nationally certified, on line training that meets the requirements of this bill. We are hopeful other training providers and agencies will also create training to allow more options.

As you know, POST uses the calendar year to determine training compliance. As a result, the first full calendar year in which agencies will be mandated to complete this training will be for calendar year 2020. This bill creates some confusion when compared to the regulatory requirement of 12 hours of training at the discretion of the agency. This will be an agenda item addressed at the November 4th Commission meeting. Staff will be looking for direction from the Commission on how to deal with the perceived conflict.

Finally, this bill requires "firearms training" regardless of category and with no exceptions (even if you or your agency do not carry firearms). POST looks at perishable/critical skills as a proficiency issue, not training. For agencies that carry firearms, demonstrating proficiency remains a requirement. This bill includes a training component on firearms (as opposed to demonstrating proficiency). As an example, agencies that do not authorize firearms could train their certified officer in policy regarding firearms, therefore, meeting the new requirement in this area. Bottom line is, POST is here to help all agencies meet the new mandates for calendar year 2020.

AB 129 makes changes to NRS 450B. For peace officers, this bill requires, as a condition of certification, that a certificate applicant complete training concerning identifying and interacting with persons with developmental disabilities. It appears this training must be included in basic training academies by October 1, 2019 and currently certified officers must receive training by October 1, 2020. POST has begun making changes and updates to the basic training subject "dealing with the mentally ill" and we are looking at making regulatory changes to the title of this mandated subject. Once the performance objective and reference materials have been updated, they will be made available and mandated to all academies. In the case of currently certified officers, most curriculum seen or being developed for AB 478 will also satisfy the requirements for this bill. So, by completing the new training requirements for calendar year 2020, officers will also meet the requirements for this one-time training mandate.

These along with other bills passed this last session will require many changes to our basic training curriculum. We have started to update curriculum and will keep all agencies posted on the progress. We are doing our best to deal with these mandates and provide as much resource to individual agencies as we can.

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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.http://

post.nv.gov/Training/Reciprocity/

[NAC 289.110](#)

Minimum standards for appointment

[www.leg.state.nv.us/NAC/NAC-](http://www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec110)

[289.html#NAC289Sec110](http://www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec110)

The Holidays are Upon Us

By Randy Misch

With the holiday season in full swing, many people lose focus on their fitness as they are preoccupied with family obligations, parties, traveling, overtime shifts and shopping. With all the extra obligations and stress, fitness tends to take a back seat in the eyes of many, but why? After all, sneaking in those workouts will help provide energy, reduce stress and most importantly burn off those extra holiday calories!

So how can we get our exercise routine completed during this busy time of the year?

How about trying a HIIT workout? HIIT workouts are High Intensity Interval Training which, when done correctly, will burn fat, elevate your heart rate, push you to sweat, and will improve your overall health all in a fraction of the time most people spend on cardio. HIIT workouts are quick and exciting and the most time-efficient way to exercise and burn calories.

Why do people shop at Costco? More bang for your buck! Why can't we apply that same philosophy to our workouts? Can you manage 15 minutes per day to squeeze in a workout that will reduce stress, increase your metabolism, and improve your lung capacity? Everyone's answer should be yes, and if it isn't, wake up 15 minutes earlier.

Below are two HIIT workouts you can try. The first workout was published by Men's Health and would be excellent while on vacation. The second workout was published by Sorey Fitness, doesn't require any equipment, and could be accomplished in the comfort of your own home.

HIIT Workout #1 – Basic Sprint Interval (This works best on a treadmill but can easily work on a track or grass field as well.)

Warm Up – 3-minute jog

Immediately boost the speed so you're sprinting as fast as you can for 15 to 20 seconds

After that, walk, or jog at a very slow pace for one minute, then it's back to the sprint.

Repeat this for 10 rounds and you'll get 15 minutes of good sweat.

HIIT Workout #2 – Holiday HIIT Workout

Warm Up 5 minutes, Burpee's for 30 seconds, Plank for 60 seconds, High Knee's for 30 seconds, Lunges for 60 seconds, Mountain Climbers for 30 seconds, Pushups for 30 seconds, Squat Jumps for 30 seconds, Wall Sit for 60 seconds, Speed Skater for 30 seconds, Tricep Dips for 60 seconds.

Repeat Twice.

Remember, the key to HIIT is the INTENSITY so go hard during these workouts and get more Bang for your Buck! Enjoy and Happy Holiday's.

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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 November

Carson City SO

Boggan, James T.; Supervisor

Douglas Co Juvenile Probation

Megee, Kelly M.; Intermediate

Morris, Tamara D.; Intermediate & Advanced

Douglas Co SO

Gutierrez Miranda, Jose A.; Intermediate

Henderson PD

Graves, Johnnie T.; Intermediate

Mitchell, Johnathan J.; Intermediate

Pauli, Kevin A.; Advanced

LV Metro Detention Center

Adams, Dana G.; Intermediate, Advanced & Supervisor

Coon, Kevin G.; Intermediate & Advanced

Danielson-Krieger, Latinya J.; Intermediate & Advanced

Ford, Jared P.; Advanced

Graham, Shimeka A.; Intermediate, Advanced & Supervisor

Gray, Patrick J.; Intermediate & Advanced

Heim, Christopher J.; Intermediate & Advanced

Lile, Linda S.; Intermediate & Advanced

Marshall, Gregory R.; Intermediate & Advanced

Meyer, Brandon E.; Intermediate & Advanced

Paul, Brian; Intermediate & Advanced

Solid, Armondo J.; Intermediate & Advanced

Temple, Alexandra; Intermediate & Advanced

Temple, Bradley S.; Intermediate & Advanced

Verduzco, Leonel R.; Intermediate & Advanced

Ware, Daniel O.; Intermediate

Watterson, Laurence C., Intermediate, Advanced & Supervisor

LV Metro PD

Banez, Nathan R.; Intermediate

Bonner, Samuel M.; Supervisor

Dennis, Christopher K.; Supervisor

Goulet, Jeffrey A.; Intermediate & Advanced

Hall, Christopher E.; Intermediate & Advanced

Houchen, Joshua M.; Advanced

Huff, Charles D.; Advanced

Jackson Jr, Tremayne D.; Intermediate

McCartin, Zachary S.; Intermediate & Advanced

Packe, Anthony A.; Intermediate & Advanced

Perry, Steven V.; Supervisor

Riddle, Jonathan M.; Intermediate & Supervisor

Schoen, William J.; Advanced

Stovall, Timothy D.; Intermediate, Advanced & Supervisor

Valdez, Christopher M.; Intermediate, Advanced & Supervisor

Walt, Mark J.; Intermediate & Advanced

Watts, David W.; Advanced

Williams, Robert R.; Intermediate & Advanced

LV Municipal Court Marshals

Willis, Roger E.; Intermediate

NV Attorney General's Office

Evans, Ryan M.; Advanced

NV Dept. of Public Safety

Huffaker, Stephen D.; Supervisor

NV Gaming Control Board

Gonzalez, Kristen L.; Advanced

North LV PD

Bertschy, Ashley L.; Intermediate & Advanced

Garcia, Jose M.; Supervisor

Neal III, James B.; Advanced

Olson, Jason D.; Advanced

Snyder, Brian D.; Intermediate

Taylor, Ann M.; Intermediate & Advanced

Wiese, Steven J.; Advanced

Nye Co SO

Brainard, James A.; Advanced

Merrow, Charley J.; Advanced

Reno PD

Vogt, Kevin M.; Intermediate & Advanced

Washoe Co Dept of Alt Sentencing

Waymire, Shawn W.; Intermediate & Advanced

Washoe Co SO

Barrett-Venn, Andrew; Advanced

Ediss, Nicholas A.; Intermediate

Leshner, Jason A.; Advanced

Richeson, Ana K.; Advanced

Wagner, Cameron M.; Intermediate