

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

October 2020

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775-687-7678

See our website for more

Information: post.nv.gov

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

POST Commission Meeting

The next Commission Meeting will be held on November 17, 2020 at 10:00 am. It will be located at POST in Classroom 2 at 5587 Wa Pai Shone Ave Carson City, NV 89701

First Line Supervisor

Notice: The POST First Line Supervisor Course has been updated. Effective January 1, 2021, previous course material will be obsolete and the course exam in NVELearn will reflect updated material. If your agency is currently presenting, or planning to present, the First Line Supervisor Course, please contact POST Training Division at gbennallack@post.state.nv.us or 775-687-3311 to obtain course materials and presentation instructions.

Academy Instructors

Nevada POST is currently establishing a list of qualified/certified instructors who are interested in teaching at the Basic Academy. We are particularly interested in establishing a cadre of instructors in the following disciplines:

**ASP Baton
Taser**

**O.C.
E.V.O.C.**

**ALERRT/Active
Assailant**

**SFST
ARIDE**

If you are a certified instructor in any of the above disciplines and interested in instructing for the POST Basic Academy, please contact Academy Commander Greg Bennallack at 775-687-3359 or email: gbennallack@post.state.nv.us

Agency Compliance

NAC 289.230 requires that all agencies ensure that each officer complies with all required training each calendar year. The agencies are required to report the compliance to POST by December 31 of the reporting year. Below is a list of agencies for reporting year 2019 who have not reported compliance to POST:

Carlin Police Department

Laughlin Constables Office

All agencies listed above should immediately report their 2019 trainings to the POST standards division

Attn: Agency SPOC's and Agency Administrators

In 2012, NAC289.235 was created to provide an alternate route to suspension or revocation of a basic certificate. Not only can an officer decide to surrender his basic for reasons of his/her own, an agency can provide this option when negotiating a termination agreement, as part of a plea agreement during a trial, or even as part of a settlement agreement. The "Voluntary Surrender of Basic Certificate" is located on the POST website, under the Forms tab.

The POST Commission can suspend/revoke once an officer has been sentenced, but an agency, or the officer themselves, can utilize this option at any time.

Contact Chief Kathy Floyd for more information or if you have questions,

(775) 687-3335.

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>

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](http://www.post.nv.gov/Training/Reciprocity/NAC_289.110)

Minimum standards for appointment

www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec110

SNALET/NALET Meetings

The SNALET and NALET meetings will be CANCELLED until further notice

Hand Held Radios

Nevada POST has (24) Motorola HT750 Hand held radios with lapel Mic's, (4) base charges and (24) single chargers that we would like to donate. If your agency is interested contact Dean Paris at dparis@post.state.nv.us or 775-687-3304 for more details.

Train the Core

By Training Officer Richard Moore

Healthy core muscles i.e. the musculature that stabilizes, aligns and moves the trunk of the body are "core" to your role as a law enforcement professional. Your body's center of gravity originates here, it is where most body movement originates, and your spinal column and pelvis remain aligned and supported by healthy muscles in this region of your body. Training these muscles is very important to maintain strength and efficiency of movement and to reduce the chance of lower back pain.

Here are some recommended easy exercises to try along with those traditional core/abdomen exercises with which you may be more familiar such as sit-ups, crunches or floor plank.

Side Iso-Abs (Low Side Plank): rest on your side with your knees slightly bent. Support your upper body on your elbow, then raise your pelvis in the air to align your body in a straight line, resting only on your feet and your elbow. Hold this position for thirty seconds before resting. After 1-3 reps of thirty seconds, switch to the other side. After some conditioning, you can incorporate some straight-leg raises while holding the position.

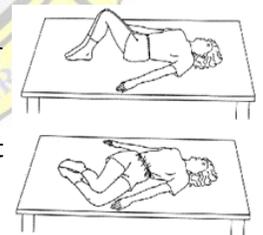


"Dead bug": Lie flat on your back with your arms held out in front of you pointing to the ceiling. Then bring your legs up so your knees are bent at 90-degree angles. This is your starting position, and it's vital to get your back as flat against the floor as possible. Slowly lower your right arm and left leg at the same time, exhaling as you go. Keep going until your arm and leg are just above the floor, being careful not to raise your back off the ground. Then slowly return to the starting position and repeat with the opposite limbs. Perform three sets of 5-10 reps each with thirty seconds rest in-between.



Single-Leg Cross Body Punches: Hold two light dumbbells at chest height and move into a single-leg, quarter-squat position with the opposite foot a couple inches above the floor and behind you. With control, alternate "punching" the weights across the body, while maintaining stability in the stance leg. Start with 2-3 sets of thirty seconds for each leg, with thirty seconds rest. After some conditioning, perform the exercise on a mat or foam pad to create more instability and increase the core challenge.

Segmental rotation: Lie on your back with your knees bent and your back in a neutral position. Tighten your abdominal muscles. Keeping your shoulders on the floor, let your knees fall slowly to the left. Go only as far as is comfortable. You should feel a stretch, but not pain. Hold for three deep breaths. Return to the start position. Repeat the exercise to the right. Start with one set of 5-10 reps, then as conditioning improves build up to three sets of 5-10 reps with thirty seconds rest in-between.



These and many other exercises that focus more attention on stability and balance will assist in enhancing movement quality and core stability. Be safe out there!

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Reserve Program

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

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 September

Carson City SO

Arrison, Christopher R.; Advanced

City of LV Dept of Public Safety

Caindec, Henry E.; Supervisor

Clark Co School District PD

Carr, David P.; Advanced

Elko PD

Williams, Dennis; Advanced

Henderson PD

Delgado, Julio M.; Supervisor

Sanchez, Omar M.; Intermediate

Tillmon, Haven A.; Supervisor

Humboldt Co SO

Grieve, Preston L.; Advanced

LV Metro Detention Center

Dillon, Jeanette B.; Advanced

English, Adrian A.; Intermediate

Hutto, Jason A.; Intermediate, Advanced & Supervisor

Jimerson, Sonya; Intermediate & Advanced

Montoya, Leticia R.; Supervisor

Whetsel, Cheryl S.; Intermediate & Advanced

LV Metro PD

Adkisson, Jonathan M.; Intermediate & Advanced

Boldman, Curtis E.; Intermediate

Comisky, Shon R.; Intermediate & Advanced

Corey, Samantha C.; Intermediate

Depierro, Melodie.; Intermediate & Advanced

Dicaro, Igor C.; Advanced

Fortner, Brian J.; Intermediate

Gambini, Paul A.; Intermediate & Advanced

Hilton, Gregory D.; Intermediate

Jegge, Alexander M.; Intermediate

Jerbic, Anton P.; Intermediate & Advanced

Jones, Garrett L.; Intermediate

Keller, Thomas J.; Intermediate

Kelvington, Andrew; Management

Lykins, Cayl J.; Intermediate & Advanced

Murdock, Benjamin J.; Advanced

Postell, Vincent; Intermediate & Advanced

Stevens, Marla K.; Intermediate & Advanced

Wenzl, Daniel P.; Intermediate

Williams, David L.; Intermediate

Wright, Helene R.; Intermediate & Advanced

LV Municipal Court Marshals

DaRosa, Kevin A.; Advanced

NV Dept. of Public Safety

Glenn, Daniel B.; Advanced

Hawkes, Cheryl; Intermediate

Jahraus, Kenneth R.; Intermediate & Advanced

Johnson, Jennifer A.; Intermediate

Jordan, Phoenix M.; Intermediate

Morrison, Scott M.; Intermediate & Advanced

Navarro, Salvador C.; Intermediate & Advanced

Potts, Ronnie M.; Intermediate & Advanced

Preato, Brian K.; Intermediate & Advanced

Rodriguez, Joseph M.;

Scott, John M.; Intermediate & Advanced

Thompson, Matthew J.; Intermediate

North LV PD

Olsson, Mario M.; Intermediate & Advanced

Patty, Aaron O.; Advanced

Taylor, Ann M.; Supervisor

Reno PD

Wilson, Douglas T.; Advanced

Washoe Co SO

Acuna Flores, Jose G.; Intermediate