

# COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

**POST News**

**July 2020**

## **ADMINISTRATION**

**Mike Sherlock**

*Executive Director*

**Chris Carter**

*Deputy Director*

**Vacant**

*Executive Assistant*

**Vacant**

*Business Process Analyst*

**Adam Houle**

*Facilities Supervisor*

**Clare Cerda**

*Admin*

## **STANDARDS**

**Kathy Floyd**

*Chief*

**Warren Turner**

*Training Specialist*

**Cindy Lee**

*Program Officer*

**Kayla Parsley**

*Admin*

## **TRAINING**

**Vacant**

*Chief*

**Greg Bennallack**

*Academy Commander*

**Richard Moore**

*Training Specialist*

**Randy Misch**

*Training Specialist*

**Dean Paris**

*Training Specialist*

**Amanda Socha**

*Admin*

**775-687-7678**

See our website for more

Information: [post.nv.gov](http://post.nv.gov)

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

## **POST Deputy Director**

We would like to congratulate Chris Carter on his new promotion to the Deputy Director of POST. Chris joined POST in 2019 and has spent the last year serving as our Chief of the Training Division.

With over 16 years of military service and 30 years law enforcement experience in municipal policing, rising to the level of Chief of Police, we look forward to his knowledge and experience as our new Deputy Director. Chris has a wide variety of expertise in policing and we look forward to tapping into that expertise. Please join us in congratulating Chris on his new position.

## **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**

**Douglas County Sheriff's Office**

**Eureka County Sheriff's Office**

**Ely Shoshone Tribal PD**

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

## **POST 2020 Professional Development Course Calendar**

**POST is offering the following courses in 2020:**

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

Management Module 6: 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 be held using the current CDC 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 **SNALET** and **NALET** meetings will be **CANCELLED** until further notice

**NRS/NAC & POST Regulations**

[NRS 289.550](#)

**Certification from POST requirements.**

[www.leg.state.nv.us/NRS/NRS-289.html](http://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/](http://www.post.nv.gov/Training/Reciprocity/)

[NAC 289.110](#)

Minimum standards for appointment

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

**H.I.I.T. Revisited**

By Training Specialist Richard Moore

Many have seen numerous articles (including in the POST newsletter) extolling the virtues of High-Intensity Interval Training, or H.I.I.T or “HIIT”. In the last 18 months additional peer-reviewed studies have been released which reinforce that shorter HIIT sessions versus longer periods of moderate-intensity continuous training (“MICT”) (think of an easy running pace, or moderate elliptical work) result in comparable health outcomes including those for weight loss and cardiovascular health, and participants of HIIT often report higher levels of enjoyment and satisfaction. One common definition of HIIT is an exercise strategy which alternates periods of high-intensity exercise (“working interval”) with less-intense recovery periods (or short rest periods), with sessions usually lasting less than thirty minutes total (although benefits can also result from sessions as short as 3-5 minutes.)

One can perform HIIT in many different ways, from running, to cycling, to weight training, or by doing many common circuit exercises. Regardless of the type of exercise you are using the key to optimal HIIT training is to exercise at near maximum intensity during the working interval, and then as you build strength and stamina lengthen those working intervals and reduce the time spent in rest/recovery intervals.

Here are three HIIT routines of different types to try. Try to reach a physical effort of “9 out of 10” during the working interval. As your stamina improves, increase your effort during the recovery periods.

Six minute HIIT circuit: 40 seconds of high intensity effort for each exercise followed by 20 seconds of rest, then repeat - High knees run-in-place; vertical jump; push-ups (or knee push ups.) You can substitute other exercises such as burpees, mountain climbers, plank, crunches, sit-ups, jumping jacks, etc.

Twenty minute HIIT sprints on treadmill or track: Warm up for 3 minutes at a brisk walk or easy jog; run at an easy effort building to moderate for 5 minutes; run at a controlled but near all-out effort for 1 minute, followed by 1 minute of recovery at a brisk walk or easy jog, repeat six times.

Thirty minute HIIT cycling: Warm up with three minutes at easy effort; 10 minutes at moderate to strenuous effort; four minutes at easy effort; ten minutes at strenuous effort; 3 minute cool down at easy effort.

Most experts recommend practicing HIIT routines 2-3 times per week to allow for proper body recovery. As always, stay hydrated, warm up each time, and when beginning a new routine don’t overdo it!

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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 June

**4th District, Elko Co Juvenile Probation**

Tangaro, Eugene R.; Advanced

**6th District, Juvenile Probation**

Hansen, Colette A.; Intermediate

**Clark Co Dept of Juvenile Justice Svcs**

Eppenger, Kevin F.; Advanced

Valdez, Horacio; Intermediate &

Advanced

**Henderson Marshal Service**

Thompson, Michael A.; Intermediate

**Henderson PD**

Mancuso, Craig M.; Supervisor

McCarrick, Patrick M.; Advanced

Molinaro, Anthony J.; Advanced

**LV Metro Detention Center**

Arb, Bradley P.; Intermediate

Gibson, Romaine M.; Intermediate

Yanos, Terry C.; Intermediate

**LV Metro PD**

Bressler, Jason S.; Intermediate & Advanced

Damole, Oluremi; Intermediate

Dransfield, William L.; Intermediate

Emery, Frances; Intermediate & Advanced

Engel Jr, Thomas J.; Advanced

Gilleo, Treylek S.; Advanced

Holmes, Christopher J.; Management

Hutchings Jr., William B.; Management

King, Gary E.; Intermediate & Advanced

Marini, Richard F.; Supervisor

Overson, Cord O.; Intermediate, Advanced & Supervisor

Pinto, Jane E.; Advanced

Ruiz, Jimmy T.; Intermediate

Tighe, Roy P.; Advanced

**Mineral Co SO**

Ratliff, Phillip B.; Advanced

**NV Dept. of Public Safety**

Briscoe, Nicholas W.; Intermediate & Advanced

Dodrill, Cameron T.; Intermediate & Advanced

Mattice, Desiree R.; Advanced

Perez, Adriana Y.; Intermediate

**NV Gaming Control Board**

Noworyta, Matthew; Intermediate

**North LV PD**

Booker, Vincent R.; Supervisor

Cavaricci, Gianni D.; Supervisor

Colwell, Christopher R.; Intermediate & Advanced

Cook, Marcus G.; Intermediate & Advanced

Nardi-Davis, Daniel J.; Intermediate

**Nye Co SO**

Parra, Jose M.; Advanced

**UNR PD**

Wilson, Adam G.; Intermediate