

# COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

June 2020

## **ADMINISTRATION**

**Mike Sherlock**

*Executive Director*

**Tim Bunting**

*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**

**Chris Carter**

*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 Retirement**

A POST ICON is retiring. Deputy Director Tim Bunting has announced his retirement. His final day is June 26th. Tim has been with POST for nearly 20 years, after a distinguished military career where he retired as a Lt. Colonel. Tim was instrumental in the study and development of the POST physical readiness standards, the evolution of the basic training academy to a more directed and relevant training program, and expanding reality based and performance-based training concepts. Tim was also the guiding force in changing the mindset on physical fitness. He stressed that whether a POST staff member or a peace officer, those who were physically fit and worked out are more productive, healthier both mentally and physically and were better public servants. Tim's work ethic and passion for making policing better and expanding the professionalism of policing will leave a void here at the POST campus. POST staff wishes a long and enjoyable, well deserved, retirement for Tim.

## **New Chief of Standards**

POST would like to congratulate Kathy Floyd on her new promotion to the Chief of Standards division. Kathy joined POST in 2007 and has gained a wealth of knowledge in her 13 years here with us. She will be a great addition to the Standards team. Please join us in congratulating Kathy on her new position.

**SNALET/NALET Meetings**

The July 2020 SNALET meeting will be CANCELLED

The July 2020 NALET meeting will be CANCELLED

**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:

- |  |                                   |
|--|-----------------------------------|
| <b>Carlin Police Department</b>        | <b>Laughlin Constables Office</b> |
| <b>Douglas County Sheriff's Office</b> | <b>Reno Sparks Tribal PD</b>      |
| <b>Ely Shoshone Tribal PD</b>          | <b>Yomba Shoshone PD</b>          |
| <b>Eureka County Sheriff's Office</b>  |                                   |

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\*

**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.http://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)

**Don't Forget Balance Training in Your Workout Routine**

By Training Specialist Richard Moore

Proper dynamic balance is a key to all functional body movements, whether walking down the stairs, running down the basketball court, or using a force option against a person intent on assaulting you. Dynamic balance is defined as the ability to move and change directions under various conditions without falling, and poor conditioning of the neuromuscular factors that strongly influence balance can lead to injury and suboptimal physical performance when it is most needed. Unfortunately, many workout routines neglect to properly train the balance mechanism.

Exercises to improve balance and coordination can be found for persons of all ages and fitness levels and can complement existing exercise methods for strength and power training, weight loss, aerobic training etc. Mind-and-body disciplines such as Pilates or Yoga are also excellent ways to improve dynamic balance and coordination. It should be noted that unlike many other exercise modalities, progression is usually not achieved by increasing numbers of repetitions, sets or "weight" but instead by slowly incorporating challenges in stability. An example of this for a standing exercise such as the single-leg balance is to begin by using a stable floor, and as your ability and conditioning improve in subsequent weeks or months introduce increasingly difficult stability challenges:

Floor -> foam half roll -> foam balance pad -> balance disk -> wobble board -> BOSU balance trainer ball

...and/or you may change position to increase demand on neuromuscular factors as you improve, such as moving from less-challenging two-leg positions to more-challenging single-leg positions; or moving from a straight leg technique to a bent leg technique.

A short list of helpful free online resources to help you find balance training exercises follows...and remember as with all exercise routines you should warm up, be well hydrated, and choose appropriate exercises and techniques based on your current conditioning that will allow you to slowly build towards improvement without injury:

<https://darebee.com/workouts.html> (choose "load filter" and then name search for "balance" and choose desired difficulty)

<https://www.youtube.com/channel/UCXe7DaqwzCQUkneU38FeUGg/search?query=balance>

<https://www.healthline.com/health/exercises-for-balance>

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

**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>**

**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 May

**City of LV Dept of Public Safety**

Kumamaru, Anthony; Intermediate, Advanced & Supervisor  
Straube, Robert C.; Intermediate, Advanced & Supervisor

**Clark Co Dept of Juvenile Justice Svcs**

Calhoun III, Andrew J.; Intermediate

Centeno, Zaira G.; Intermediate  
Josephs, Alexander M.; Advanced  
Kerstine, Matthew R.; Advanced  
Keyes, Bryce; Advanced

Nelson, Richard C.; Intermediate  
Smith, Arsiema S.; Intermediate

Turner II, Termaine A.; Intermediate

Williams, Jazmine K.; Intermediate

**Douglas Co SO**

Sanchez, Donovan J.; Advanced

**Eureka Co SO**

Thomas, Tyler S.; Advanced

**Henderson PD**

Clear, Jaime L.; Supervisor  
Sanchez, Christian; Advanced

**LV Metro PD**

Anderson, Jeffery S.; Intermediate & Advanced

Ellis, James E.; Intermediate  
Hutchason, Eric N.; Supervisor

Lee, Donald D.; Intermediate  
Slaninka, Paul R.; Intermediate & Advanced

Smith, Ryan L.; Intermediate & Advanced

Willis Jr., Remond; Advanced  
Winn, Joseph E.; Supervisor

**LV Township Justice Court**

Prosser, Debra A.; Advanced

**Moapa Tribal PD**

Harper, Jeff L.; Supervisor

**NV Dept. of Public Safety**

Fleischmann, Steven E.; Supervisor  
Howell, Jeffrey G.; Advanced  
Killian, Keith M.; Supervisor  
Van Oeveren, Tommy; Intermediate & Advanced

**NV Gaming Control Board**

Gray, Wayne E.; Intermediate  
Tipton, Jerimiah D.; Advanced

**North LV PD**

McGinnis, Paul K.; Advanced

**Reno PD**

Catalano, Jeremy L.; Advanced

**Sparks PD**

Slider, Nicholas B.; Intermediate  
Zolkos, Brett M.; Advanced

**Washoe Co SO**

Davis, James M.; Intermediate  
Rigsby, Jackie D.; Intermediate  
Vacca, Brandon M.; Advanced