

COMMISSION ON PEACE OFFICER
STANDARDS AND TRAINING

POST News

August 2021

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Admin

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

Upcoming POST Commission meeting, tentatively set for November 8, location to be determined. This meeting will include a Public Comment Hearing for 3 regulation changes to be voted on, a workshop to solicit comment regarding possible changes to NAC289.270 and the Regularly Scheduled meeting

POST is currently in need of a transport van or bus, that would be capable of seating 22 or more passengers. A lightly used shuttle bus or school bus would be appropriate. We have limited funding available and a donation would be preferable. If any agency has such a vehicle available, or knows of one, please contact Adam Houle at ahoule@post.state.nv.us or 775-687-3314.

Update – Smart 21 Online Course and Exams Transition

POST has begun the process of transitioning the content previously hosted on the NVeLearn system to the new state “SuccessFactors” learning system. We are taking a “phased” approach and we are currently evaluating the performance of academy and some optional course content that was migrated. We are working through security and performance issues related to statewide mandatory course content and certification exams; in the meantime all content remains available on the legacy NVeLearn system as usual. We will continue to provide updates and announcements through our various communication methods, including here.

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>

Training Vehicles Needed

Nevada POST is currently in need of training vehicles. Vehicles should be in fair shape with no major mechanical issues. If any agency has any leads on patrol vehicles now, or in the near future please contact Adam Houle at (775) 687-3314, or email at ahoule@post.state.nv.us

Wheels needed

Do you have any spare 18" wheels for Ford or Dodge Police Vehicles that you are looking to donate? Specs: black, steel wheel, 18 x 8, 5 Spoke, 5 stud/lug. If so, please contact Adam Houle at 775-687-3314 or ahoule@post.state.nv.us

POST Dorm Improvements

Do you have a foosball or ping pong table you would like to get rid of? POST is accepting donations to update our cadet dayroom. Please contact Adam Houle at 775-687-3314 or ahoule@post.state.nv.us

Reciprocity PPFT's

A schedule for upcoming Reciprocity PPFT dates for Southern Nevada was sent out to all agency SPOC's. If you did not receive the email, or need a copy of this notice, please contact Dean Paris at dparis@post.state.nv.us.

To schedule Reciprocity PPFT's for Northern Nevada, please contact Academy Commander Warren Turner at wturner@post.state.nv.us.

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.

SPOC's and Agency Administrators

Please be sure to send an Agency Contact Update Form when you have any changes to your agency SPOC, Agency Administrators, or Agency address, especially personnel changes or email changes. This form can be found on the POST website, under the Forms Tab. If you are unsure of who we have listed as your agency contacts, please email Kelly Engels at k.engels@post.state.nv.us

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Are you a new SPOC for your agency?

Don't forget to take our SPOC training for more information regarding how to:

- Add a new Peace Officer's employment
- Updating a Peace Officer's employment
- Completing a Basic Certificate Application
- Entering training, both professional and annual compliance
- Applying for professional certificates
- Certifying a course
- Changing or decertifying a course

Click [here](#) to access the training.

Have questions?

Click [here](#) to find the answers in our POST Administration Manual.

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	E.V.O.C.	Assailant
Taser	ALERRT/	SFST
O.C.	Active	ARIDE

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

Nevada POST Management Program Library

POST has four sets of textbooks available for loan.

- The books are available on a first come, first serve basis.
- The books must be requested by the agency, not by the individual.
 - **Maximum** checkout period is **ninety days**.
 - Shipping will be covered by the requesting agency.
 - All textbooks shall be returned in original condition.
- The requesting agency will accept responsibility for damaged or misplaced textbooks.

Please contact Ms. Kayla Parsley for textbook availability and checkout procedure.

kparsley@post.state.nv.us

Thank you for your interest and participation in the POST Management Program.

Gregory Bennallack, Training Division Chief

POST 2021 Professional Development Course Calendar

POST is offering the following courses for the remainder of 2021:

Click here (<https://post.nv.gov/Forms/>)

for the Professional Development Course Registration form.

The POST Management program, this is made up of seven modules that meet the requirements of NAC 289.260 for the Management Certificate. More information about the program may be found in the training section on the POST website. Supervisory and managerial peace officers may begin the first five self-paced independent study modules at any time by contacting Chief Greg Bennallack at

gbennallack@post.state.nv.us to enroll. Module 6 (40 hour classroom block) is tentatively scheduled for early 2022.

**NRS/NAC & POST
Regulations**

Certification from POST
requirements.

[NRS 289.550](#)

**Reciprocity Eligibility
Requirements**

**Nevada Reciprocity
Training Course**

**Peace Officer Defini-
tions by Category.**

Minimum standards for
appointment

[NAC 289.110](#)

Weight Training for Fat Loss

By Richard Moore, POST Training Specialist

Many of you may have been aware that there is evidence that for fat loss and maintenance, resistance training such as training with weights can be as good or better than many other types of exercise; but science continues to explore exactly why. A recent study published in the *FASEB Journal* (which is an international professional research journal typically publishing results of peer-reviewed biology studies) by the University of Kentucky Colleges of Medicine and Health Sciences found that resistance-like exercise of the skeletal muscles causes chemical “communication” between the muscle cells and fat cells which regulates fat cell metabolism at the molecular level. The lead author of the study states that this is the first study known to show specifically how “weight training initiates metabolic adaptations in fat tissue.”

The study results show that in response to mechanical loading of skeletal muscles, the muscle cells release particles called “extracellular vesicles” that give fat cells instructions to enter “fat-burning mode.” Scientists have been aware of these particles and their role in regulating processes inside identical types of cells for some time but this study shows that they also play an important role in traveling between *different* kinds of cells to chemically “communicate” and trigger cellular action, such as in the case of muscle and fat cells. The study authors feel that this new information could have significant additional implications for our understanding of how the body regulates fat.

This reinforces the concept that simply “burning calories” by any sort of exercise is not the optimal solution to weight maintenance strategies, but that it is much more complicated – and strength training along with proper nutrition and other healthy habits, flexibility training, and cardiovascular exercise can provide the best overall results for a peace officer.

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 Kayla at (775)687-3310 or

kparsley@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 Dean Paris at 775-687-3348 or dparis@post.state.nv.us

For all Northern Nevada tests please contact Warren Turner at 775-687-3359 or

wturner@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 July

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| <p style="text-align: center;">Carson City SO</p> <p>Rivera, Christopher P; Supervisor</p> <p style="text-align: center;">City of LV Dept of Public Safety</p> <p>Schmidt, Paul A.; Intermediate</p> <p style="text-align: center;">Clark Co School District PD</p> <p>Baltierres, Samantha N.; Intermediate</p> <p>Cruz Jr, Alfredo; Intermediate</p> <p>Fuentes, Jonathon C.; Supervisor</p> <p>Patty, Steven A.; Intermediate</p> <p>Ramos, John R.; Intermediate</p> <p style="text-align: center;">Douglas Co SO</p> <p>Guerra, Jose R.; Advanced</p> <p style="text-align: center;">LV Metro Detention Center</p> <p>Rodgers, Vickie L.; Advanced</p> <p>Trobiani, Dennis J.; Intermediate</p> <p style="text-align: center;">LV Metro PD</p> <p>Alsup, Trever N.; Advanced</p> <p>Brian, Brandon L.; Intermediate</p> <p>Bryan, Drew K.; Intermediate</p> <p>Calimbas, Francis A.; Intermediate, Advanced</p> <p>Jones, Nathan R.; Intermediate, Advanced</p> <p>Vandyke, Laura A.; Intermediate, Advanced</p> <p style="text-align: center;">Lyon Co SO</p> | <p style="text-align: center;">NV Dept of Public Safety</p> <p>Campbell, Kourtney B.; Supervisor</p> <p>Cheek, Jeffrey A.; Supervisor</p> <p>Earl, Damon R.; Intermediate, Advanced</p> <p>Jackson, Antonio B.; Intermediate</p> <p>Jaimes, Humberto; Intermediate</p> <p>Moore, Jessica C.; Intermediate, Advanced</p> <p>Pollock, Chad R.; Intermediate, Advanced, Supervisor</p> <p>Sahlberg, Cassie A.; Advanced</p> <p>Schwedhelm, Daniel K.; Advanced</p> <p style="text-align: center;">NV Dept of Wildlife</p> <p>Crane, Bradley M.; Intermediate</p> <p style="text-align: center;">NV Div of State Parks</p> <p>Adams, Jordan I.; Intermediate</p> <p>Goetz, Rocky D.; Intermediate</p> <p style="text-align: center;">North LV PD</p> <p>Campbell, Christopher S.; Advanced</p> <p>Harris, Michael W.; Management</p> <p>Penna, Nicholas J.; Intermediate, Advanced</p> <p style="text-align: center;">Reno/Sparks Indian Colony PD</p> <p>Royat, Andrew J.; Intermediate</p> <p style="text-align: center;">Washoe Co SO</p> <p>Burns, Trevor; Intermediate</p> <p>Davis, James M.; Advanced</p> <p>Gerow, Eric J.; Intermediate, Advanced</p> <p>Haas, Sabrina R.; Advanced</p> <p style="text-align: center;">Washoe Tribal PD</p> <p>Burt, Kristin R.; Intermediate</p> |
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