

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

April 2021

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TRAINING

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Chief

Warren Turner

Academy Commander

Randy Misch

Training Specialist

Richard Moore

Training Specialist

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Training Specialist

Kayla Parsley

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

The next Commission Meeting will be held on May 6th, 2021 at 10:00 am. It will be located at POST in Classroom 2 at 5587 Wa Pai Shone Avenue Carson City, NV 89701.

Thank you Douglas & Storey County Sheriff's Offices!

We at POST would like to sincerely thank Douglas County Sheriff's Office and Storey County Sheriff's Office, for their donations of training vehicles. These vehicles will be put right to use by our academy cadets! As you all know, donations like these are vital to our organization as we strive to do more with less.

If your department or organization would like to donate any vehicles to POST, please contact: Adam Houle at (775)687-3314 or by e-mail at ahoule@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

Thankyou for your interest and participation in the POST Management Program.

POST PPFT Administrator Course

POST will be offering the opportunity for the POST Physical Fitness Test (PPFT) Administrator Course which will be taught "virtually" online via computer: **Monday, April 19, at 1:30 PM PDT**. Prior agency management approval will be required to participate. Successful completion of this course will allow administration of the PPFT for any official purpose in accordance with POST policy. As a reminder, only those "administering" the test require certification – others can assist the test administrator as "scorers" without certification. There will be no assessed cost associated with this training. To register or for questions please contact Kayla Parsley at the POST Training Division at kparsley@post.state.nv.us or at (775) 687-3310.

Non-Compliance Status

The following agencies have employee's deficient in their 2020 Annual Compliance:

Laughlin Township Constable's Office – 1

Nye County Sheriff's Office – 1

North Las Vegas Constable's Office – 1

Reno-Sparks Indian Colony Police Department – 1

Department of Corrections – 3

Rural Justice Courts – 1

Department of Public Safety – 1

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

Future Transition for Online Courses and Exams

SMART 21, short for "Silver State Modernization Approach for Resource and Technology in the 21st Century" is the transformation of many of the state government's legacy computer systems to new cloud-based technology; the first wave of transition occurred on March 1. Among other things, this will eventually replace the current state learning management system ("L.M.S."), known as NVeLearn. POST has for some time used the NVeLearn platform to host our online-based training, to manage online testing for our basic and professional courses, to host state certification exams, and to host a portion of our training records. It is a priority for POST to minimize disruptions to the learning environment as we gradually transition to the new "SuccessFactors" learning system over the next few months, and the legacy NVeLearn system will continue to be available until we complete this transition. We will regularly communicate and coordinate any updates with academies and agencies well in advance.

Law Enforcement Officer Flying Armed (LEOFA) Training Update

In response to updated guidance from the US Department of Homeland Security, POST has rescinded the online "Flying While Armed" training course previously available in the NVeLearn system. Among the many pre-requisites for non-federal LEOs to fly armed aboard scheduled air service, individuals must complete the DHS LEOSA training curriculum in an instructor-led course, which now must be taught by agency personnel meeting the instructor qualification standards of the agency in which they are employed. It is recommended that any peace officer who previously completed the course online, or who require an update in Transportation Security Administration policies and procedures, re-take the training prior to any mission from an instructor designated by your individual agency. Agencies may request the training materials from DHS directly by visiting www.tsa.gov/travel/law-enforcement.

Management and Supervisor Instructors Needed

POST will be hosting an 80 First Line Supervisor course from April 19 to April 30, 2021. We are seeking qualified instructors with current or prior supervisory experience and subject matter expertise in the numerous aspects of field supervision. Each course is divided into 4 hour blocks of instruction. The Training Division will supply all instruction materials including Power Points, course outlines, media, and other training materials which are concurrent with the performance objectives mandated by POST. We are also seeking qualified instructors for the POST Management Program which will be scheduled in the near future. Share your expertise and experience to help maintain a professional law enforcement community in the great state of Nevada. You may contact Training Division Chief Greg Bennallack, gbennallack@post.state.nv.us, (775) 687-3311 or Training Specialist Richard Moore, rmoore@post.state.nv.us, (775) 687-3308 for more information.

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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.

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

POST 2021 Professional Development Course Calendar

POST is offering the following courses in 2021:

POST First Line Supervisor Program (80 Hours) April 19-30, 2021 0800-1700 *(Full, wait list available)*

Click [here](#) for the Professional Development Course Registration form.
Stay tuned for the fall professional development course offerings

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

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.**

**ALERT/Active
Assailant**

**SFST
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

SNALET/NALET

Meetings

The SNALET and NALET meetings will be CANCELLED until further notice

NRS/NAC & POST

Regulations

Certification from POST requirements.

[NRS 289.550](#)

[Reciprocity Eligibility Requirements](#)

[Nevada Reciprocity Training Course](#)

[Peace Officer Definitions by Category.](#)

Minimum standards for appointment

[NAC 289.110](#)

More/Better Running

By Training Officer Richard Moore

Last month I shared information about techniques – developed by some of the world’s most elite coaches, athletes, and exercise scientists – to improve your form, fitness and performance while running. I would like to share some more tips about improving your cadence and your stride.

Cadence is measured by how often we put our feet down per minute. Most “novice” runners tend to have a cadence around the 155-165 per minute range at a competitive pace (though those who prefer to exercise with a slow “jog” obviously have slower rates.) By contrast, professional runners and other elites tend to average around 180 foot strikes per minute (or higher) regardless of the length of the course or their pace. Why?

Probably because their stride can be much different. Stride is measured between one foot strike to the next and also refers to the relative position of your lower body parts in the running movement. As was mentioned last month, “amateur/novice” runners tend to force an “overstride” and land their front foot too far forward, on the heel, with their front knee and hip flexed too much. They often don’t allow their core to rotate with each step to allow their hip, leg, and foot to extend further rearward to release more energy into the running effort. This less optimal technique also forces a slower cadence. A slower cadence over a given distance is inherently inefficient.

Should those of us who run for work, fun or fitness up our game and shoot for 180 footfalls per minute right away? Maybe not - as with most improvement programs, you should slowly work up to a goal to reduce the chance of injury. But if you are reasonably fit and your cadence is nonetheless slow, it is further evidence that you can improve your form and technique in the manner described in the last article: Land on your forefoot or mid-foot instead of the heel. Don’t try to overextend your stride by landing your feet too far forward of your center of mass or bending your knees too much, instead accept what might seem to be a shorter stride - but let it extend behind you to better propel you forward. Don’t “pound the ground” but visualize your feet “kissing” it instead.

Take a shot at changing your running technique by attempting these improvements. Start by forgetting about stride length or pace and focus on the suggested form above while increasing your cadence. As you improve and you can gradually increase your running pace, your stride length will naturally lengthen again but with better and more efficient technique. Good luck!

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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 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 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 March

Carson City Juvenile Probation Services

Macias, Edgar ; Advanced

Clark Co School District PD

Iverson, Michael R.; Intermediate

Douglas Co SO

Case, Aaron; Intermediate

Elko PD

Parvin, Bradley W.; Intermediate & Advanced

Henderson PD

Woodside, Joshua W. ; Advanced

Holman, Christopher J.; Supervisor

Botts, Jeffrey M; Supervisor

Humboldt Co SO

Avila, Rodolfo; Supervisor

Peters, Jeremy M.; Supervisor

Stark, Jeffrey; Supervisor

LV Metro PD

Nolan, Michael L.; Intermediate & Advanced

Fink, Aaron D.; Supervisor

Benjamins, Jennifer M.; Supervisor

Lepore, Joseph L.; Management

Martinez, Joshua J.; Management

Lyon Co Juvenile Probation

Kirkley, Brian; Management

NV Department of Public Safety

Isabella Joseph M.; Intermediate

King, John R.; Intermediate

Drew, Catherine S.; Intermediate

Hawkes, Cheryl; Advanced

Salvatore, Nicholas J.; Advanced

Winder, Jesse D.; Advanced

LaPrairie, Jules S.; Supervisor

NV Dept of Wildlife

Jackson, Jason D.; Intermediate

NV Gaming Control Board

Goodman, Andrew L.; Supervisor

North LV Detention

Milligan, Erin R.; Intermediate & Advanced

North LV PD

Oliverira Francisco T.; Intermediate

Davalos, Noe; Intermediate

Jordan, Matthew A.; Advanced

Delara, Rodrigo; Advanced

Conchas, Oscar; Advanced

Nye Co SO

Anderson, Eric; Intermediate

Reno PD

McQuattie, Bryan; Advanced

Ziese, Zachariah; Advanced

Sparks Municipal Court

Snow, Daniel; Intermediate & Advanced

Washoe Co Dept Alt Sentencing

Kautz, Joshua J.; Supervisor

Washoe Co SO

Lynch, Aaron D.; Advanced

Avina, Jose A.; Management

Eubanks, Frank L.; Management

Washoe Co School Dist PD

Price, Raymond; Management

Washoe Tribal PD

Smith, Paula M.; Intermediate