

# COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

February 2021

## ADMINISTRATION

**Mike Sherlock**

*Executive Director*

**Chris Carter**

*Deputy Director*

**Amanda Socha**

*Executive Assistant*

**Tina Baldassare**

*Business Process Analyst*

**Adam Houle**

*Facilities Supervisor*

**Vacant**

*Admin*

## STANDARDS

**Kathy Floyd**

*Chief*

**Dean Paris**

*Training Specialist*

**Cindy Lee**

*Program Officer*

**Kelly Engels**

*Admin*

## TRAINING

**Greg Bennallack**

*Chief*

**Warren Turner**

*Academy Commander*

**Randy Misch**

*Training Specialist*

**Richard Moore**

*Training Specialist*

**KC Haase**

*Training Specialist*

**Kayla Parsley**

*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)

## New Employee

Join us in welcoming our newest employee, KC Haase. Training Specialist KC Haase has joined our academy staff after more than 20 years in Law Enforcement. He will be a great asset to our Training Division.

## POST Commission Meeting

The next Commission Meeting will be held on February 22, 2021 at 10:00 am. It will be located at POST in Classroom 2 at 5587 Wa Pai Shone Avenue Carson City, NV 89701.

## 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](mailto:ahoule@post.state.nv.us)

## 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](mailto:k.engels@post.state.nv.us)

## 2020 Annual Compliance—Non-Compliance Notices

Non-Compliance notices were sent out the first week of February.

These notices were emailed to the Agency Administrator and/or SPOC for personal service to the non-compliant officer.

When submitting training reports via Formatta, please make sure your submission has the correct reporting year. *As of the 1<sup>st</sup> of the year, the default reporting year changed to 2021, so you will need to change it back to 2020 before submitting.*

If you have any questions or need assistance with compliance, please contact Chief Kathy Floyd at (775) 687-3335 or email [kfloyd@post.state.nv.us](mailto:kfloyd@post.state.nv.us).

## POST Cadet 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](mailto:ahoule@post.state.nv.us).

**SNALET/NALET Meetings**

The **SNALET** and **NALET** meetings will be **CANCELLED** until further notice

**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](mailto:ahoule@post.state.nv.us). Any help is greatly appreciated.

**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](mailto:gbennallack@post.state.nv.us) or 775-687-3311 to obtain course materials and presentation instructions.

**POST 2021 Professional Development Course Calendar**

POST is offering the following courses in 2021:

POST Basic Instructor Development (32 Hours) February 22-25, 2021 0800-1700  
*(Limited space available)*

POST Management Course Module 6 (40 Hours) March 8-12, 2021 0800-1700  
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.

**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.

**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:

<b>ASP Baton</b>	<b>O.C.</b>	<b>ALERT/Active</b>	<b>SFST</b>
<b>Taser</b>	<b>E.V.O.C.</b>	<b>Assailant</b>	<b>ARIDE</b>

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](mailto:wturner@post.state.nv.us)

**NRS/NAC & POST  
Regulations**

Certification from POST  
requirements.  
[NRS 289.550](#)

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**Reciprocity Eligibility  
Requirements**

**Nevada Reciprocity  
Training Course**

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

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Minimum standards for  
appointment  
[NAC 289.110](#)

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**Sleep Deprivation is Bad News**

By Training Officer Richard Moore

Many professions come with shift work and stress that can negatively impact one’s sleep patterns, but few occupations share the potential risks that sleep deprivation have on the employee as well as the community we are responsible for protecting.

What are some of the effects of sleep deprivation? Studies have shown that staying awake for abnormal amounts of time without sleep can roughly mimic alcohol intoxication: decreased cognitive processes including those for problem solving and reasoning ability; impaired alertness; increased risk for spatial disorientation. And then there are long term effects: lack of appetite control causing potential obesity; increased risk of heart disease; changes in mood which can affect employee – and family – wellness in other ways.

What can we do? For those that work overnight shifts, try to mimic workday sleep wake patterns as much as possible on your days off; minimize your exposure to bright sunlight during periods when you would be normally sleeping; and avoid using sleep medication and stimulants like caffeine to force your body to adhere to your work schedule. Also, practice a healthy lifestyle by eating well and staying hydrated, exercising regularly and vigorously, minimizing alcohol and tobacco use, and getting seven to nine hours of sleep each day. If you think you might be suffering from an actual sleep disorder, discuss it with your doctor – don’t wait.

Make bedtime a ritual, with family involvement. Create a comfortable and appealing sleep space by minimizing noise and interruption, using blackout curtains, and keeping the bedroom temperature between 60-67 degrees. Like children, adults often need an hour of “wind-down” time free from excitement – and screen time – to make falling into deep sleep easier. Work as unit to adjust household chores and other routines to minimize your sleep disruptions.

A recent study found that over 40% of all police officers report that they have fallen asleep while driving at least once. 25% of officers admit that it happens more than once per month. Don’t let this be you - take care of yourself.

**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](mailto: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 Warren Turner at 775-687-3359 or [wturner@post.state.nv.us](mailto:wturner@post.state.nv.us) For all Northern Nevada tests please contact Randy Misch at 775-687-3350 or [rmisch@post.state.nv.us](mailto: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 January

**Carson City Dept. of Alt. Sentencing**

Lamber, Bart A.; Intermediate & Advanced

**Carson City SO**

Smith, Kyla A.; Advanced

**City of LV Dept. of Public Safety**

Barraza, Armando A.; Intermediate

Mason Jr., Donald L.; Advanced

**Clark Co School District PD**

Clark, Justin L.; Intermediate & Advanced

**Elko PD**

Wyllie, Cassandra J.; Advanced

**Henderson PD**

Barlow, Amber B.; Advanced

Jaworski, Lance D.; Intermediate & Advanced

Willard, Garrett T.; Advanced

**Humboldt Co SO**

Peters, Jeremy M.; Advanced & Supervisor

**LV Metro Detention Center**

Bergstrom, Jeffrey S.; Advanced

Lauro, Dawn A.; Advanced

**LV Metro PD**

Bilyeu, Richard L.; Advanced

Brewer, William H.; Intermediate & Advanced

Carrigy, Thomas J.; Advanced

Foust, Brandon M.; Intermediate & Advanced

Kelly, John M.; Intermediate

Meads, Brandon M.; Intermediate & Advanced

Williams, Weston W.; Advanced

**Lyon Co Juvenile Probation**

Gentine, Christopher A.; Advanced

**Moapa Tribal PD**

Harper, Jeff L.; Intermediate & Advanced

**NV Dept. of Public Safety**

Haigney, Robert P.; Management

Hill, Elizabeth C.; Advanced

Johnson, Tyler R.; Intermediate

Knoch, Peter N.; Intermediate & Advanced

Lewis, Kristopher M.; Advanced

Quintero, Anthony.; Intermediate

**North LV PD**

Baca Jr., Anthony J.; Intermediate & Advanced

Cooley, Loren D.; Intermediate & Advanced

Ebert, Caitlyn C.; Intermediate

Karas, Philip J.; Intermediate & Advanced

**Nye Co SO**

Brigida, Michael L.; Intermediate

Hill, Alvin R.; Intermediate

**Pyramid Lake Paiute Tribal PD**

Donnan, Brenden J.; Supervisor

**Reno PD**

Lawton, Michael A.; Intermediate

Petersen, Matthew S.; Supervisor

**Sparks PD**

Congdon, Kyle C.; Intermediate & Advanced

**Washoe Co DA**

Gurriere, John M.; Supervisor

**Washoe Co SO**

Lux, Blake R.; Intermediate

Tone, Shelly L.; Intermediate

**Washoe Co School Dist. PD**

Mustafa, Brad A.; Intermediate