

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

January 2021

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775-687-7678

See our website for more

Information: post.nv.gov

And Facebook at

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

POST is Hiring!



POST currently has an opening for a full-time Basic Academy Training Specialist. For more information on this position, click

[here.](#)

Safe Policing for Safe Communities

Several emails have been sent regarding the implementation of Executive Order 13929 on Safe Policing for Safe Communities. We have requested every law enforcement agency in Nevada provide POST with a letter confirming their agency meets the requirements set forth in the Executive Order. January 31, 2021, and every year after this, POST will submit to the Director of the COPS Office (or his delegate) the list of agencies that have followed this directive. If your agency has not provided POST with their confirmation letter, and received a certification notice in return, you will not be eligible for DOJ discretionary grants.

If you need further information on this program, please contact Chief Kathy Floyd at (775) 687-3335 or email kfloyd@post.state.nv.us.

2020 Annual Compliance—Non-Compliance Notices

Non-Compliance notices will be sent out the first week of February. These notices will be emailed to the Agency Administrator and/or SPOC for personal service to the non-compliant officer.

Please be sure to enter all completed training no later than January 27th.

When submitting training reports via Formatta, please make sure your submission has the correct reporting year. *As of the 1st 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.

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. 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 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:

ASP Baton

O.C.

ALERT/Active

SFST

Taser

E.V.O.C.

Assailant

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

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>

**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](#)**

Be Flexible?

By Training Officer Richard Moore

For those of us of a certain generation who have been involved in athletics or fitness for any length of time static stretching has been one of the pillars of exercise since, well, nearly forever. We've stretched before, during and after every game, match, session or run. We've been told to stretch at our desks. When we wake up. During long drives. On classroom breaks. Flexibility is still considered as one of the five major components of physical fitness by major sports medicine organizations, along with body composition, cardiovascular endurance, muscle endurance, and muscle strength.

But for over a decade now, researchers have been sounding the alarm that static stretching and classic assumptions about flexibility do not confer most - or perhaps any - of the benefits that they were assumed to have. In one recent academic paper titled "The Case for Retiring Flexibility as a Major Component of Physical Fitness" by exercise scientist James Nuzzo, PhD, he reviews over 300 more recent studies and other references to challenge why personal trainers, coaches and other professionals are still emphasizing static stretching when the science for doing so is extremely dubious. What he found is that evidence does *not* support the idea that "flexibility" as traditionally defined by static stretching and measurement results in better outcomes in injury prevention, life expectancy, muscle soreness, or most sports performance. In fact, there is some evidence that static stretching (touching toes etc.) may degrade sports performance in some important ways. Also, there are studies out there that even cast doubt on the usefulness of targeted stretching of unusually tight muscles, for example stretching your chronically tight calve muscles before running. Nuzzo adds his voice to those who recommend that the American College of Sports Medicine and other similar "standards" organizations revamp their thinking about the major components of fitness to remove or at least restate any emphasis on classic "flexibility."

So, one might ask, what should we do instead? Dr. Nuzzo in his paper echoes many other exercise scientists that strength training and calisthenics that emphasize the full range of motion of the body would confer superior benefits. In other words, using exercise to put your various muscle groups and associated connective tissue through their full range of motion in a way that strengthens them is important, where simply stretching them is not.

Also, experts note that warm-up exercise is still very important before more intensive exercise. Below is one warm-up activity that we are currently doing with cadets at our academy before more intensive physical training, in lieu of traditional stretching. We want our cadets and each other to be flexible, but we don't want anyone to stretch themselves too far. Good luck!

1 minute (appr.) easy jog or run-in-place to raise body temperature and heart rate;
15-30 seconds "high knee" run or run-in-place;
15-30 seconds "butt kicks" run or run-in-place;
30-60 second relaxed wind sprints

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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 Warren Turner at 775-687-3359 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 December

11th District

Baldini, Daniel C.; Intermediate
North, Kathryn R.; Intermediate

6th District Juvenile Probation

Wiggin, Kevin P.; Advanced

Boulder City Municipal Court

Szafranski, Dain J.; Advanced

Carson City Dept of Alt Sentencing

Peek, Cody R.; Supervisor

Carson City SO

Riggin, Darin G.; Supervisor

Clark Co DA

Lowrey-Knepp, Elaine G.; Advanced

Clark Co School District PD

Ciarciaglini, Daniel; Advanced

Douglas Co SO

Carson, Christopher J.; Supervisor

Osborn, Chelsea N.; Intermediate

Schlanger, Matthew R.; Advanced

Short, Derek C.; Advanced

Elko Co SO

Parry, Adrienne L.; Intermediate

Eureka Co SO

Umina, Miles A; Advanced

Henderson Marshal Service

Olsen, Richard D.; Supervisor

Henderson PD

Boucher, Jonathan D.; Management

Dera, Justin M.; Supervisor

Price, Victoria H.; Intermediate

LV Metro Detention Center

Araujo, Luis A.; Advanced

Aspiazu, David E.; Intermediate & Advanced

O'Barr, Darren L.; Intermediate & Advanced

Pearson, Derrick B.; Intermediate & Advanced

Advanced

LV Metro PD

Baker, Scott P.; Intermediate & Advanced

Camacho, Leah; Advanced

Cintron, Hector; Management

Fama, Frank H.; Management

Ghebrecristos, Jonathon; Advanced & Supervisor

Jacob, Ameel F.; Intermediate & Advanced

Kennedy, Jennifer M.; Intermediate & Advanced

Lea, Austin J.; Intermediate

Ma, Kent A.; Intermediate & Advanced

Ruth, Joed Andrew L.; Intermediate & Advanced

Vincent, Brian P.; Intermediate

LV Paiute Tribal PD

Calimquim, Adrian L.; Intermediate & Advanced

LV Township Justice Court

David, Reginald E.; Intermediate

NV DMV Compliance Enforcement Div

Martines, Rachael E.; Advanced

NV Dept of Public Safety

Boynton, Edward W.; Supervisor

DeGoey, Hannah M.; Intermediate

Garcia, Christopher T.; Intermediate

Jordan, Phoenix M.; Advanced

White, William J.; Intermediate

NV Gaming Control Board

Adams, Kevin D.; Intermediate

North LV PD

Almaden, Michael; Intermediate

French, David S.; Intermediate & Advanced

McCabe, James K.; Intermediate

Nye Co SO

Fowles, Cory D.; Advanced

Reno PD

LaFrance, David M.; Intermediate

Meadows, Isaac T.; Intermediate

Reno/Sparks Indian Colony PD

Leslie Sr., Kyle D.; Intermediate

Sparks PD

Taylor, Vernon R.; Advanced

University Police Services (UPD North)

Wilson, Adam G.; Advanced

Washoe Co SO

Lane, Matthew J.; Advanced

Seegmiller, Brett A.; Intermediate & Advanced

Thomas Jr., Kenneth L.; Intermediate

White Pine Co SO

Stroud, Michael P.; Intermediate