

Notes of the monthly Reserve Meeting held on April 20, 2009

Sgt. Murphy reviewed upcoming events, and later events to put on the calendar...

Two Details with the 'details'

Saturday, May 2<sup>nd</sup> – Healthy Kids Day

10 – 12 pm

**5 – 6 Reserves/Explorers 0800 – 12:30 assisting with the Bike Rodeo**

Tuesday, May 5<sup>th</sup> – Drive-Thru Mass Dispensing

3 – 5 pm

**Explorers/ Reserves 2:00 – 5 pm**

Board Meeting happened; Sgt. Murphy will be reviewing it in the next month's newsletter/meeting.

\*National Night Out in August 4<sup>th</sup> setting up a big headache, need lots of bodies. Reserves to help set up, work the event, and work after the event are all needed.

\*July 4<sup>th</sup> is a Saturday. The more bodies the better. Bike race sunrise and into the afternoon, fireworks, and other festivities. Need both day and evening Reserves. Traffic direction before and after as well as people on foot.

\*Jesse James Days are late this year, 10 – 13<sup>th</sup>

\*May 13<sup>th</sup> mock crash 1:00 pm – till school ends

Next month we go to Pearl Street for our monthly meeting. We will car pool from the PD.

For our June meeting there will be CPR training.

Sgt. Monte Nelson gave his weapons workshop tonight for the reserves...

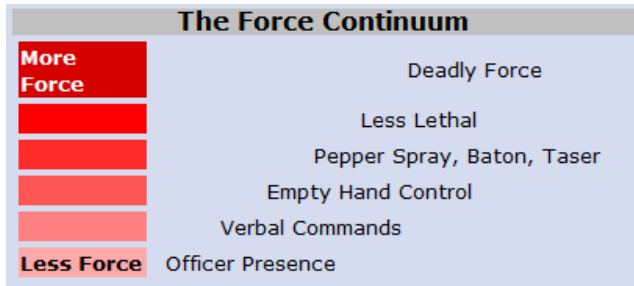
2008 Use of Force Training review

Review of some of the Statutes, citizen vs. licensed police officer with use of force 90% will be used when arresting someone and they are resisting.

We always need to be under the direction of an officer if we use force. Make a good witness – this is our ultimate goal. We can't go too far or do what a police officer does, we are not licensed.

Don't put yourself in a position when you may get hurt. Call on the radio to let the officers know what, where, who and be a witness. Give details on the radio and remember you are a citizen, even if in a uniform.

Just one example of the Force Continuum, there are others...



**Verbal's should be loud and clear and repeatedly stated.**

Less Force: Presence, then Verbal, then Empty hand, then closed hand

Intermediate: O.C., Tazer, ASP/Impact weapon. (Less lethal)

Lethal: Firearm, Squad, or something from the intermediate list could also be lethal

Mental preparation important, the 'what if' scenarios, be mentally prepared when you go out.  
Adrenaline will affect you. (Your body can't go where you mind has not been.)

Fine motor skills go down.

Hearing skills acute or your hear nothing, auditory occlusion.

Sympathetic muscle reactions.

Sight – tunnel vision is the big one. Some will have a black hole, some go completely blind.

Heart rate goes thru the roof with your blood pressure. The muscle groups get the blood, need to be able to fight or run.

**Breathe, scan, relax** helps you fight tunnel vision.

“Combat breathing” breathe thru your mouth. Take a deep breathe and blow it out, you will relax a bit and not be so hyped out and jacked up.

BREAK

Law Officer Article: Officer Down, The Marcus Young Incident

\*Take every gun as loaded

\*Control muzzle

\*Finger OFF trigger

Ride alongs with an officer, most times are quite. Most 'jerks' are cooperative.

True violent encounters don't happen that often. But **you have to mentally prepared**, think of the 'what if's' ahead of time. Be prepared, bad things can happen. You have to be ok with the potential that bad things can happen if you are going to be a reserve officer.