

SACRAMENTO COUNTY



SHERIFF'S DEPARTMENT

SURVIVAL STRESS TRAINING FOR TACTICAL OPERATIONS

2310-10563
POST Plan IV

The Training Division of the Sacramento County Sheriff's, in conjunction with the Los Rios Community College District, is presenting a twenty-four (24) hour POST certified course, ***Survival Stress Training for Tactical Operations***. This course is designed for all sworn personnel and dispatchers who previously have or will be performing law enforcement functions during tactical operations. Through analysis of these events, students will develop the skills necessary to maximize job performance and satisfaction through discovery of stress physiology. Topics include:

Physiology of Fear "Hypervigilance" and the Biological Rollercoaster Preparation for Deadly Force Encounters POST Traumatic Growth

Location: Sacramento County Sheriff's Training Division
Northern California Regional Public Safety Training College
2409 Dean Street, McClellan, CA 95652

Prerequisite: Successfully completed a POST certified recruit academy.

Date/Time: TBA 0800-1700 hours (Class size is limited to 15 students)

Fee: **\$99.00**
(Sacramento Sheriff's Department Training Trust Fund, 2409 Dean Street McClellan, CA 95652)

Payment is due by the first day of class. This department's cancellation policy requires a two (2) week notice prior to the class start date. No-shows and those canceling with less than two weeks notice will be charged the full tuition fee if no replacement student is found. NOTE: Classes may be cancelled at any time if the minimum enrollment is not attained. You will be notified of any changes.

Attire: All personnel shall display department or agency identification.
Students attending this course are expected to dress appropriately:
Shirt with collar, Jeans must be neat, clean, and in good condition.
No shorts, thong type shoes (flip-flops), beach wear or sweat pants.

Credit: American River College – 1.0 Semester Unit

For a registration form and directions to the Northern California Regional Public Safety Training College, please see: In-Service Training at www.sacsheriff.com. Complete the top portion of the course registration form and return to the Sheriff's Training Division. Forms may be emailed to training@sacsheriff.com.