



## Central CCPOA Spring Workshop

March 18<sup>th</sup>, 2024

Host: Polk County Conservation

Location: Polk County Sheriff's Department

5995 NE 14<sup>th</sup> St Des Moines Iowa 50313

- 7:30- 8:00**      **Registration, morning refreshments**
- 8:00-9:00**      **Overdose prevention, recognition and response training**  
**Presenter- Elizabeth Crimmins, CPS, State Opioid Response Grant Coordinator for Polk and Warren County**  
This one-hour training will cover opioid overdose prevention, recognition and response- including administration of naloxone.
- 9:00 – 11:45**    **Range/Simulator (Session 1)**  
**Presenter- PCCB Rangers/Firearms Instructors**  
At this session we will break up into two groups, group 1 will go to the nearby PCSO range. We will work on firearms training for all weapons, Handgun, shotgun, rifles. You will train with rifle and firearms instructors, we will focus on marksmanship, positional shooting and firearms fundamentals. This training will focus on making each officer a better operator of all systems. Rifles, and shotguns will be provided for individuals without. Equipment: Duty belt, vest, duty issued weapons. 100 rounds of handgun, 50 rifle, 50 shotgun (mix of slugs, buck and birdshot). Group 2 will go to the Virtra Simulator at the PCSO, Virtra training simulators help prepare law enforcement officers for real-life incidents, real world judgmental use of force, and immerse in intense scenarios. Please see [www.virta.com](http://www.virta.com) for more information.
- 12:00-1:00**      **Lunch**  
**\$15.00 at time of online registration**  
Lunch will be catered by Smokey Ds BBQ
- 1:00-4:00**      **Range/Simulator (Session 2)**  
**Presenters-PCCB Rangers/Firearms Instructors**  
At this session we will break up into two groups, group 2 will go to the nearby PCSO range. We will work on firearms training for all weapons, Handgun, shotgun, rifles. You will train with rifle and firearms instructors, we will focus on marksmanship, positional shooting and firearms fundamentals. This training will focus on making each officer a better operator of all systems. Rifles, and shotguns will be provided for individuals without. Equipment: Duty belt, vest, duty issued weapons. 100 rounds of handgun, 50 rifle, 50 shotgun (mix of slugs, buck and birdshot). Group 1 will go to the Virtra Simulator at the PCSO, Virtra training simulators help prepare law enforcement officers for real-life incidents, real world judgmental use of force, and immerse in intense scenarios. Please see [www.virta.com](http://www.virta.com) for more information.