



Northwest Illinois Criminal Justice Commission

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Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Officer Health, Wellness and Fitness

DATE: May 25, 2021

Registration Ends: May 7, 2021

TIME: 8:00 AM—4:00 PM 8 Hours

LOCATION: Dixon Police Department, 220 S. Hennepin Ave, Dixon, IL

INSTRUCTOR: Steve Petrilli, Assistant Chief of Police, Normal Police Department

Beginning 1/1/2020 "Officer Wellness" was added to the tri-annual mandated training list per HB2767 / PA 101-215

Course Description: This training will provide law enforcement/correction officers an insight into the subject of officer wellness/fitness. The information will help an officer build a successful wellness/fitness program and how they may encourage/motivate co-workers to participate.

Topics include:

1. What officer wellness/fitness programs should focus on.
2. How to gauge success in wellness/fitness programs to include pre- and post-testing options.
3. Knowledge and awareness of common untruths in wellness/fitness.
4. Proper nutrition, disease prevention, sleep, hydration, inflammation, insulin response, supplementation and strength training.

The fitness and nutrition section will be appropriate for beginners as well as experienced fitness practitioners. Attendees will be given an overview of how to make positive healthy changes to their training and nutrition, workout programming plans and personalized macro nutrient based nutritional protocols. There will also be a discussion regarding supplements and other additional resources that will benefit each attendee.

Partial funding provided by Illinois Law Enforcement Training and Standards Board and MTU#1's request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board

REGISTRATION:

All registrations are received on the [MTU#1 website](http://www.mtu1.com). Find Registration instructions [here](#)

THIS IS NOT A PUBLIC MEETING

Presenter

Steve Petrilli has been with the Normal Police Department for almost 20 years and is currently the Assistant Chief of Operations. He has been a recruiter, FTO, SWAT Operator and K-9 handler. Steve has held supervisory roles in Patrol, VICE, SWAT and for the Town of Normal's Employee Wellness Committee. He is a graduate of Illinois State University (B.S.), Northwestern Police Staff and Command and the FBI National Academy Session #264. Steve is a former college athlete, a CF-L1 Trainer, and has successfully completed L-1 Power Athlete Methodology Training. Steve is also the Owner and Head Coach of "Ignite", a high school-age strength and conditioning program in Bloomington, Illinois.



This class has been submitted to ILETSB for approval in meeting mandatory training for:

Mandated Annually

- ☐ Law Updates ☐ Use of Force (must include scenario based or similar approved)

Mandated once every 3 years (begin 1/1/16)

- ☐ Civil Rights ☐ Constitutional and proper use of law enforcement authority
☐ Cultural competency ☒ **Procedural Justice** ☐ Human Rights

Mandated once every 3 years (begin 1/1/17 all/ within 2 yrs. for investigators)

- ☐ Sexual Assault Trauma Informed Response / all sworn & T.C.'s due by 1/1/2020
☐ Sexual Assault Trauma Informed Investigator / Investigators due by 1/1/2019

Mandated once every 3 years (begin 1/1/18)

- ☐ Intro to Mental Health Awareness

Mandated once every 3 years / Begin 1/1/20

- ☒ **Officer Wellness**

Mandated once every 3 years / Begin 1/1/20

- ☐ Reporting Child Abuse & Neglect

Mandated once every 5 years /begin 7/1/18 (first (5) year cycle due by 1/1/2020)

- ☐ Psychology of Domestic Violence

Mandated 32 hours every four years after initial training

- ☐ Lead Homicide Investigator training