



NOVA Officers maintain a watch over our campuses in all weather, even when the college is closed.

NOVA Public Safety Newsletter



February 2020

In this issue

- ❖ **Penelope on Patrol**
- ❖ **Tips for Safe Travel Abroad**
- ❖ **OEMS Tornado Safety**
- ❖ **NOVA Officers Train**
- ❖ **NOVA Officers Reach Out**
- ❖ **Safety Tip of the Month**
- ❖ **Learn to Save a Life**
- ❖ **NOVA Police Training Announcements**

Download the **FREE**
LiveSafe
Mobile Safety App

Police Dispatch
(703) 764-5000
Call Us 24/7/365

NOVApolice@nvcc.edu

Penelope on Patrol

Penelope the NOVA Police Cat is out on patrol. With the start of a new semester, she reminds you to pay special attention while driving. Roads may be wet and slippery, covered with sand (which makes braking less efficient), and contain debris and potholes. Further, the early onset of nightfall and winter weather reduce visibility, making driving more hazardous. With people rushing to classes, talking with friends, and not necessarily using crosswalks, danger clearly exists. Slow down, pay attention, expect the unexpected, be patient and don't let yourself become a distracted driver.

Tips for Safe Travel Abroad

One dream of many college students is to travel abroad, whether to study a foreign language or culture, visit friends and relatives, or just embrace an adventure.

Of course, whether you travel abroad or here in the United States, the following tips can help keep you safe:

- Be aware of your surroundings. Predators look for easy targets.
- Take all necessary medicines with you and store them in their original containers.
- Never leave your bags or electronic devices unattended.
- Do not invite strangers into your room and avoid revealing personal information.
- Do not carry large amounts of cash and carry only the fewest credit cards needed. Keep them in a front pocket or other area accessible only by you.
- Use only authorized taxis or transportation; avoid unregulated cabs.



Ticket Avoidance Strategies (cont'd)



- Do not leave drinks unattended.
- Avoid crowded locations. Pickpockets congregate there.
- Keep a low profile.
- Use up-to-date anti-virus and spyware protections.

In addition to the above, however, there are additional precautions you should take before travelling abroad:

- Obtain pre-travel country risk assessments from the State Department or the FBI.
- Make copies of your passport, airline ticket, driver's license and credit cards. Keep one at home and carry a second set with you, but separate from the originals (which should be carried in a front pocket).
- Plan your wardrobe. Do not call attention to yourself as an American by wearing ball caps, team jerseys, etc. Also, be careful not to offend locals with immodest or inappropriate attire.
- Avoid actions that are illegal, improper or indiscreet in your host country. These actions may include participating in (or even being present at) demonstrations; photographing religious objects, government buildings, or train stations; having or looking at censored literature; etc.
- Recognize your conversation may not be private or secure and that you may not have any expectation of privacy.
- If you are arrested for any reason, ask to contact the US Embassy or Consulate.



Foreign travel is always exciting and the advice above can help ensure your trip is memorable, in a good way! For additional travel information, check out www.state.gov/travel and www.studentsabroad.state.gov.

Tornado Safety

Peak tornado season in Virginia takes place from May to September; however, tornadoes can occur at any time during the year. Virginia averages 24 tornadoes each year.

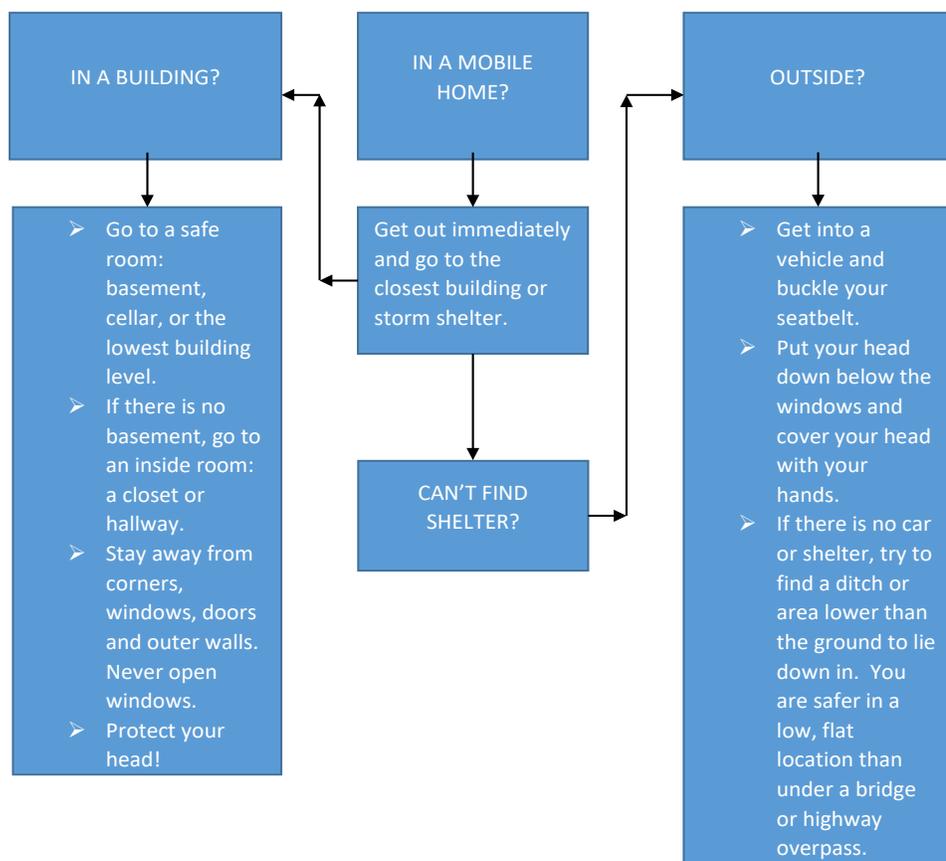
NOVA will participate in Virginia's Statewide Tornado Drill on March 19. Go to <https://www.vaemergency.gov/threats/tornadoes/> to learn about surviving a tornado.

Before a Tornado:

- ✓ Identify safe rooms or protective locations at home, school, or work before a tornado threat arises so you have a plan for where to go for safety when a tornado warning is issued.
- ✓ Be alert to changing weather conditions and tune to a NOAA weather radio, local media and social media for the latest information.
- ✓ Look for danger signs: dark, often greenish sky; large hail; large, dark, low-lying cloud formation or rotation; or a loud roar similar to a freight train.
- ✓ Have a communication plan in place for your family.
- ✓ Build an emergency kit by downloading a checklist online at www.vaemergency.gov.

Tornado Safety (cont'd)

During a Tornado:



Get weather alerts in your home and work areas. Signing up is quick, easy, and free! Visit <http://www.capitalert.gov/signup/sign-up.html> to sign up for alerts with life-saving alerts and information in the National Capital Region.

NOVA Officers Train

In January, NOVA officers participated in defensive tactics training. Defensive tactics are a system of controlled defensive and offensive body movements used by law enforcement officers to respond to a subject's aggression or resistance. These techniques, based on a combination of verbal commands, control techniques, and use of issued equipment such as pepper spray and hand cuffs, are critical skill sets for an officer.

During the training, officers reviewed the department's use of force policies, case law, and departmental documentation requirements. Officers also participated in various tactical drills refreshing officer skills on verbal de-escalation, handcuffing, control techniques, and how to gain compliance through the use of different tactics. NOVA officers continue to hone their skill sets to enhance their ability to serve the NOVA Community.

The NOVA Police Department conducts much of its training in-house. Numerous NOVA officers are state certified instructors in the following areas: firearms, active shooter response, defensive tactics, pepper spray, bike patrol operations, first aid/CPR, and communications. The skill of NOVA Police trainers assures the continuing highest standard of professionalism within the department.



NOVA Officers Reach Out

NOVA Police officers go above and beyond their duties every day to protect and serve NOVA and the surrounding community. On the “protect” side, officers conduct patrols and criminal investigations, and, on rare occasions, they make arrests when necessary. NOVA officers also take great pride in their efforts to serve the community. For instance, Alexandria Campus officers took up their own collection and reached out to provide water, food, and clothing to a homeless citizen who resides close to campus.



Safety Tip of the Month

We are in cold and flu season. Avoid close contact with people who are sick. If you are sick, remember you can be infectious for 5-7 days after symptoms appear. Cover your mouth when coughing or sneezing and wash your hands often with soap or an alcohol-based hand sanitizer.

Learn to Save a Life

Would you know what to do if you came upon a serious vehicle accident and encountered someone bleeding out? How about if someone preparing food in a kitchen suffered a serious gash and was bleeding profusely?

In the event of a serious bleeding injury, time is of the essence. A person can bleed out in as little as five minutes so there may not be time to summon medical emergency personnel to the scene. You must be prepared to act quickly, decisively and effectively. Your ability to apply a tourniquet could mean the difference between life and death.

During February, NOVA Police will be teaching NOVA faculty, staff and students this life-saving skill. In approximately an hour, you will learn how to apply a tourniquet, what to do if you do not have a tourniquet handy, and finally, how to stop hemorrhaging when the use of a tourniquet is inappropriate. Upon completing the class, you will receive a training completion certificate from the American College of Surgeons and be given a personal tourniquet.

NOVA Police Stop the Bleed classes will be held on each campus during the times and locations specified on the last page of this newsletter. Any NOVA community member can attend the training at any campus; you are not limited to taking it on your “home” campus. However, you are asked to RSVP with your date and location of desired training so we can ensure adequate training tourniquets and personal tourniquets are available. In addition to these scheduled training days, NOVA Police will come to your class, division meeting, or club meeting to present this important information. Please indicate your intent to attend and your February training location to NOVA Police Community Outreach Officer Rob Corwin at rcorwin@nvcc.edu. You may also contact Officer Corwin to request training for your class, division, etc.

If you are unable to attend Police tourniquet training in February but still want to be trained, you have two options: Contact Officer Corwin for training at your location, as noted above, or attend monthly CPR and Stop the Bleed training offered by the Office of Emergency Management and Safety. To register for an OEMS class, please contact OEM@nvcc.edu.

2020 NOVA Police Training

NOVA Police will visit NOVA's six campuses during February to conduct **Stop The Bleed** training, a life-saving tourniquet course for all faculty, students, and staff. To register, please contact Community Outreach Officer Rob Corwin at rcorwin@nvcc.edu

Stop The Bleed

Date – Time – Location

February 17	1 - 2pm	Annandale	CA 320
February 18	1 - 2pm	Alexandria	AA 346
February 19	1 - 2pm	Woodbridge	WS 104
February 20	1 - 2pm	Loudoun	LW 118
February 24	1 - 2pm	MEC	RM 255
February 25	1 - 2pm	Manassas	MP 211

NOVA Police conduct an active community outreach program. The following topics are available for presentation to faculty, students, clubs, staff, and community organizations. If there are additional topics you would like presented, please contact Lt. Weinstein jweinstein@nvcc.edu or Community Outreach Officer Corwin rcorwin@nvcc.edu

Topics:

- Active Shooter Response
- Dealing with Difficult People
- Creating and Maintaining a Safe Classroom Environment
- Staying Safe on the Street/Self-Defense Considerations
- Alcohol/DUI Awareness
- Recognizing/Reporting Suspicious Behavior
- Crimes Against Women/Human Trafficking
- Staying Safe While Using Uber and Lyft
- Technology and Policing
- Empower Yourself to be Safe!
- Writing in the Workplace
- Everything You Ever Wanted to Know About the Police (But Were Afraid to Ask)
- Ticket Avoidance Strategies
- Stop the Bleed

Download the LiveSafe Mobile Safety App

The LiveSafe Mobile Safety app, available for free to all NOVA faculty, students, staff and their friends, is a powerful tool that can empower you to stay safe, keep your campus safe, put potentially life-saving information at your fingertips, and facilitate timely interaction with NOVA Police and OEMS professionals in the event of an emergency or need for assistance. Download LiveSafe at iTunes or Google Play. It is easy and fast. Go to www.LiveSafeMobile.com to download this great app.



LiveSafe