New NOVA Police Safety Awareness Videos

In a continuing effort to keep our NOVA community safe, the College Police have recently added Safety Awareness videos that can be accessed on NOVA’s Web page: http://www.nvcc.edu/police/videos/index.html. These new safety videos address:

- Protecting your possessions and identity
- Sexual assault
- Controlling behavior
- Stalking
- Everyday safety
- Common sense defense
- Safe travel

To access these videos, login at the link provided in this newsletter. When you arrive on the Police safety awareness video access page, you will find login directions for faculty/staff and students. Select the appropriate category and use the same login and password you use for any NOVA computer. These safety awareness videos are an additional tool to teach and remind everyone within NOVA on how to maintain safe learning and working environments.

If you experience any problems viewing or accessing these videos, or if you have any questions, contact the NOVA Police Community Outreach officer at Tong@nvcc.edu.

“Never give safety a day off”

Report any criminal activity to the College Police at:
(703)764-5000

Above is a screenshot of NOVA Police Safety Awareness videos page.
NOVA currently has six full-time state certified Police Dispatchers who play a critical role serving the college, the college community, the general public, and supporting public safety officials. Dispatchers receive incoming calls for service for all six NOVA campuses as well as the NOVA centers. NOVA’s certified Police Dispatchers are professional and well trained and ensure officer safety by providing timely communication support. Dispatcher responsibilities include, but are not limited to, receiving calls for emergency and non-emergency situations, initiating appropriate actions as directed by NOVA Police Officers; local jurisdiction Police, Fire, and Rescue officials; and Office of Emergency Management and Planning personnel. The College Police operate 24-hour dispatch Monday through Friday and anticipates 24/7 during December 2011.

NOVA Police Dispatchers Prepare for 24/7 Operations

Left: Lt. John Stasiowski (lieutenant in charge of communications), and Dispatchers Arturo Lopez, David Riglin, Ingrid Tonic, and Jared Williams.

Tips for a Safe Thanksgiving

Thanksgiving Break is just around the corner. Traditionally, this is a time when we travel to visit family and friends. Our absence from home and presence on the road create a greater opportunity for crime. To reduce the opportunity for crime (burglaries, carjackings, etc.), the NOVA Police department offer these safety tips:

If you are leaving for Thanksgiving Break:

- Close and lock all windows and doors of your residence.
- Use timers on lights and on a radio or television to give the appearance that your residence is occupied.
Your answering device message should never indicate that you are not at home. Always use plural nouns, even if you live alone (e.g., “we’re not available to take your call right now”). Don’t use your name(s).

Do not announce your departure on social media such as Facebook.

Make sure your exterior lights work and turns all lights on. Preferably, exterior lights should be on a timer or photoelectric cell.

**Traveling:**

- Continuously monitor current traffic conditions.
- When stopping at lights or in traffic, leave a car-length between you and the vehicle in front of you.
- Schedule extra time to get to your destination.
- Prepare your vehicle (oil changes, top off fluids, inspect tire tread) to ensure you arrive safely to your location.
- Adjust your speed to road, weather and traffic conditions.
- Avoid drowsy driving.

**Do Not Drink and Drive:** State Police and local police will have extra patrols and sobriety checkpoints over the holiday looking for impaired operators. If your holiday plans call for celebrating with alcohol, plan to stay overnight or designate a driver. Remember, a DUI conviction will give you a criminal record!

- Ensure all occupants in your vehicle are properly restrained.
- Dial 911 in roadway emergencies.

**Home:**

- Keep your family and guests safe with working smoke detectors in your home. Test smoke detectors monthly and replace batteries at least twice a year. Remind your guests of your fire escape plan and designated meeting place for your home.
- Have a fire extinguisher available not more than 10 feet from the stove, on the exit side of the room.
- When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire, and the jewelry can get caught on pot handles, causing spills and burns. Try to cook on the back burners when possible and turn pot handles in so they don’t extend over the edge of the stove.
- Never leave cooking foods unattended. If you must leave the kitchen while cooking, turn off the stove or have someone watch the stovetop.
- Keep small children out of the kitchen while you are cooking.
- Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.
- Candles are often part of holiday decorations. They should never be left burning while you are away from home or after you have gone to bed.
Recent NOVA Police Community Outreach

Drug Take Back Event at NOVA

On October 29, 2011, NOVA Police sponsored a National Drug Take Back Initiative on the Annandale Campus. This event was hosted by the Drug Enforcement Administration (DEA). Through the conclusion of this event, NOVA collected 139 pounds of miscellaneous controlled and non-controlled drugs, doubling the 69.4 pounds of drugs we collected in April. This is the third time the DEA hosted this event, and the second time NOVA participated in helping dispose of dangerous drugs properly.
SAFE Women’s Self Defense Class

Recent NOVA Police Community Outreach

Sexual Assault Free & Empowered (SAFE) is a free women’s self defense program offered by the NOVA Police Department. SAFE is dedicated to empowering women with knowledge to reduce the occurrence of sexual assault crimes. The program provides effective options by teaching women to take an active role in their own self defense and psychological well-being.

What’s covered in the course?

- Course begins with classroom instruction
- Discussions in risk awareness, risk reduction, crime prevention strategies and defensive concepts
- Hands-on training in physical defense techniques
- Simulated, controlled environment to test skills
- Courses taught by certified SAFE instructors
- Take home reference manual provided

The next SAFE class will be held on December 3 and 11 at the Alexandria Campus. (Class fills up quick and are on a first-come, first-serve basis). To register, please contact Community Outreach Officer Tony Ong at Tong@nvcc.edu.