Blue to Gold

IN-PERSON TRAINING ANNOUNCEMENT

MASTERING PROACTIVE POLICING FOR PATROL

Des Moines, Iowa

Hosted by the Des Moines Police Department

Mastering Proactive Policing for Patrol

Being proactive on patrol is about more than just making stops—it's about spotting crime before it happens and handling it safely and legally. This course gives patrol officers the skills and knowledge to confidently interdict criminal activity while keeping themselves and the community safe. You'll learn to recognize the signs of stress and resistance in people you encounter, including freeze, flight, and fight behaviors, plus the subtle cues that come before them. The course covers building reasonable suspicion, conducting roadside interviews, building rapport, and knowing when (and how) to ask for consent. Body camera footage and scenario-based exercises bring these skills to life and give you hands-on practice in real-world situations.

What You'll Learn

- **Human Factors in Encounters**
  Understand how the body's stress responses (freeze, flight, fight) play out—and how to read pre-flight and pre-assault signals.
- **Real-World Application**
  Review actual body cam footage to see proactive skills in action during pedestrian, bicycle, and vehicle stops.
- **Legal and Tactical Proficiency**
  Develop reasonable suspicion, conduct interviews that get results, and know what to do when consent is denied but suspicion remains.
- **Officer Safety**
  Sharpen your awareness and use perception, fieldcraft and impression management to stay safe and in control.

Your Instructor
Current Sgt. Craig Meyer

TRAINING DETAILS

COST: $249

WHERE: Des Moines Regional Police Academy, 433 E. Army Post Rd., Des Moines, IA 50315

DATE: Monday, December 6, 2027 | 8:00 AM – 6:00 PM

CREDIT: IA POST Eligible

FIND OUT MORE AT: https://bluetogold.com/instructors/craig-meyer

Credited by thousands of police officers across the country for having created a training that can be easily comprehended and then immediately applied by police officers for success. Meyer is still a proactive Sergeant and continues to employ the same tactics and training taught in class, in the field with his own team of officers.

Blue to Gold UNIVERSITY™

ALSO AVAILABLE ON-DEMAND

MASTERING PROACTIVE POLICING FOR PATROL

visit *university.bluetogold.com* for more info.

"This is by far the best class that I have taken for my career. Craig is a fantastic teacher and makes this course very enjoyable. Not even a day after completing this course, I have already observed all of these behaviors on the road! Even got 2.4g of fentanyl off a stop while given consent from tips he mentioned in this course. You are doing yourself a disservice by not taking this."

Kyle Baker

★★★★★

"I took Craig Meyer's class before he became part of Blue to Gold, and I have to say it has significantly improved my game. After taking his class, I started recognizing clusters of indicators and began to see better results during my stops. For those whose agencies won't invest in their training, you need to invest in yourself. The only way to become successful in this career is to take the initiative. Don't wait for someone else to do it for you. I highly recommend Craig's class."

Eduardo Quiroga

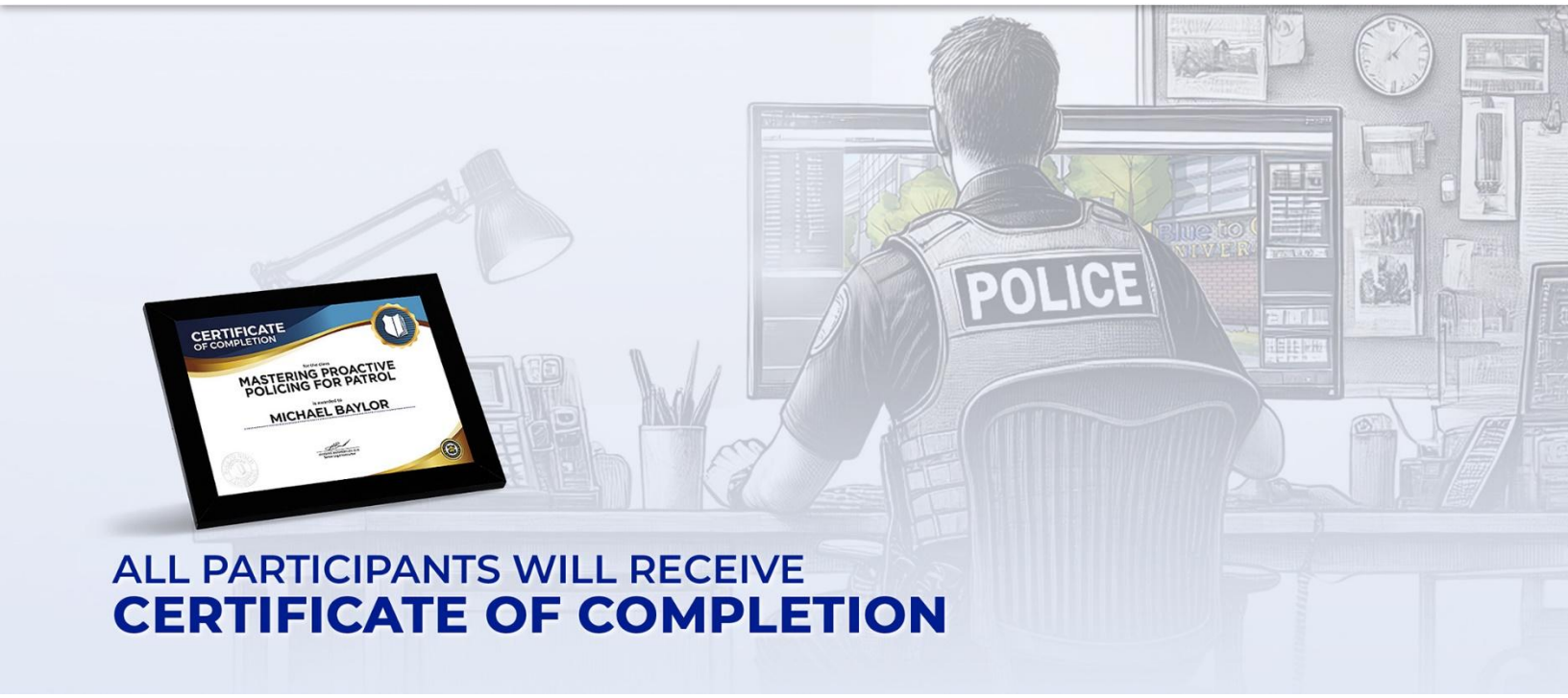
★★★★★

"I have taken several proactive policing courses and Craig's class is the best out there. It was the best when he was with his last company, and its even better with Blue to Gold. Its been refined and organized since then. He explains everything well and shows you real life examples over and over. When you complete this class, you will see what you have been overlooking all this time. This also includes indicators of dangerous intentions. There is no other class I have seen that offers this quality of content on the subject of criminal interdiction. It will make you a better cop and could save lives."

Nolan Vanover

★★★★★

SEE MORE OF CRAIG MEYER'S FEEDBACK BY SCANNING THE QR CODE BELOW.



ALL PARTICIPANTS WILL RECEIVE

CERTIFICATE OF COMPLETION