

MASTERING PROACTIVE POLICING FOR PATROL



San Mateo, California

Hosted by the San Mateo 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
Sean Meyer

TRAINING DETAILS

COST: \$249

WHERE: San Mateo Police Department, 200 Franklin Pkwy., San Mateo, CA 94403

DATE: Monday, June 14, 2027 | 8:00 AM – 6:00 PM

FIND OUT MORE AT: <http://bluetogold.com/instructors/sean-meyer>

Sean Meyer has served as a law enforcement officer in New Jersey since 2015. A graduate of the Passaic County Police Academy, he began his career in Somerset County, where he continues to serve. As a Field Training Officer, he has mentored numerous officers, emphasizing sound tactics, situational awareness, and leading by example through a "Lead From the Front" philosophy.



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more about **Sean Meyer**.

