

POLICE
LIFE

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When the Going Gets Tough, the Tough Get Going



The Art of Learning

The Smiles With the Extra Miles

Note from the Team

Olympians undergo arduous training to ensure that they are well-prepared to perform their best. Similarly, the Singapore Police Force's (SPF) officers undergo a myriad of training that equip them with the necessary skills to safeguard our every day.

In this issue of *Police Life*, put yourselves in the shoes of our Special Operations Command troopers to understand the rigorous training they undergo to enable them to better respond to security threats. Gain insights into SPF's use of technology to enhance training methodologies as highlighted in our interview with Director of Home Team School of Criminal Investigation and be intrigued by the Police Coast Guard's state-of-the-art simulation facility in our My View section.

Happy reading!

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Committee



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The Art of Learning

By **Denise Luo**
(Photographer: Chee Yong Tat)

His greying silvery locks echo his bountiful life experiences; a true reflection of tenacity, sophistication and confidence that grew with time. Well-versed in investigative operations, policy and infrastructure planning, Senior Assistant Commissioner of Police (SAC) Soh Kee Hean has spent more than 30 years of his career shuffling between the Police Force, its parent Ministry, Home Team departments and other public agencies. Currently helming the Home Team School of Criminal Investigation (HTSCI), the Police veteran who speaks with an unusual degree of candour is clearly not a man who is interested in being placed on a pedestal. Though he did not start out with any lifelong ambition to be a uniformed officer, it is the sense of job satisfaction that eventually convinced SAC Soh that he made the right decision in accepting the Police Overseas Scholarship.

The Training Cycle

At its core, HTSCI provides specialised training for Investigation and Forensic officers to ensure that they are skilled and competent to face current and future challenges in criminal investigation work. To ensure that course objectives are met through the effective execution of training, SAC Soh is adamant that all the processes outlined within the training cycle are intertwined and must be duly conducted.

As the saying goes, "if you fail to plan, you plan to fail". The training cycle helps to streamline planning for an effective training programme that meets the needs of the organisation. It is a recurrent process that begins way before the training programme is conducted and continues even after the training has been completed. The cycle encompasses the identification of learning needs, design and development of curriculum, delivery of training, assessment and feedback on the programme.

To ensure that learning needs are accurately identified, HTSCI looks beyond the regular forums held with the Criminal Investigation Department (CID) and the learning pointers derived from day-to-day incidents. The school also studies learning needs through a forward-looking lens. As part of the Home Team transformation efforts, HTSCI has to steer its training to cater to the needs of a transformed investigation workflow, take for instance designing training to familiarise investigators with the new procedures and processes, or orientate training to suit changing priorities.

Training at the Heart of Progress

Acutely aware of the trap of complacency, with his result-driven orientation, SAC Soh is always in pursuit of improvement. To ensure that HTSCI is able to deliver excellent training standards, SAC Soh constantly works with his trainers and the relevant content owners to update content, devise new learning methods and improvise teaching pedagogies to enhance training delivery.

"Unlike lecture-styled training which tend to be boring, we are now more inclined towards holding scenario-based/case studies discussion which would better facilitate peer training and learning. As part of the 'flipped classroom' concept, trainees are expected to do their pre-course reading and assignments before engaging in higher level discussion in classroom training," explained SAC Soh.

With new training methodologies put in place, trainers must also be well-prepared to facilitate such discussions during the sessions. **"Besides training our trainees, we also need to orientate and prepare our trainers for such pedagogy so that both parties can benefit from the session,"** said SAC Soh as he

emphasised the need for trainers to be au fait with the modus operandi of crimes, keep abreast of the crime trends and the latest operational procedures.

Training programmes have to be responsive to changes in the operating environment. Milestone investigation programmes are reviewed to incorporate changes in operational processes. Given the current operating environment, courses are also tailored to equip officers with the necessary knowledge and skills required to respond to the new complexities of cybercrimes, financial related crimes and acts of terror.

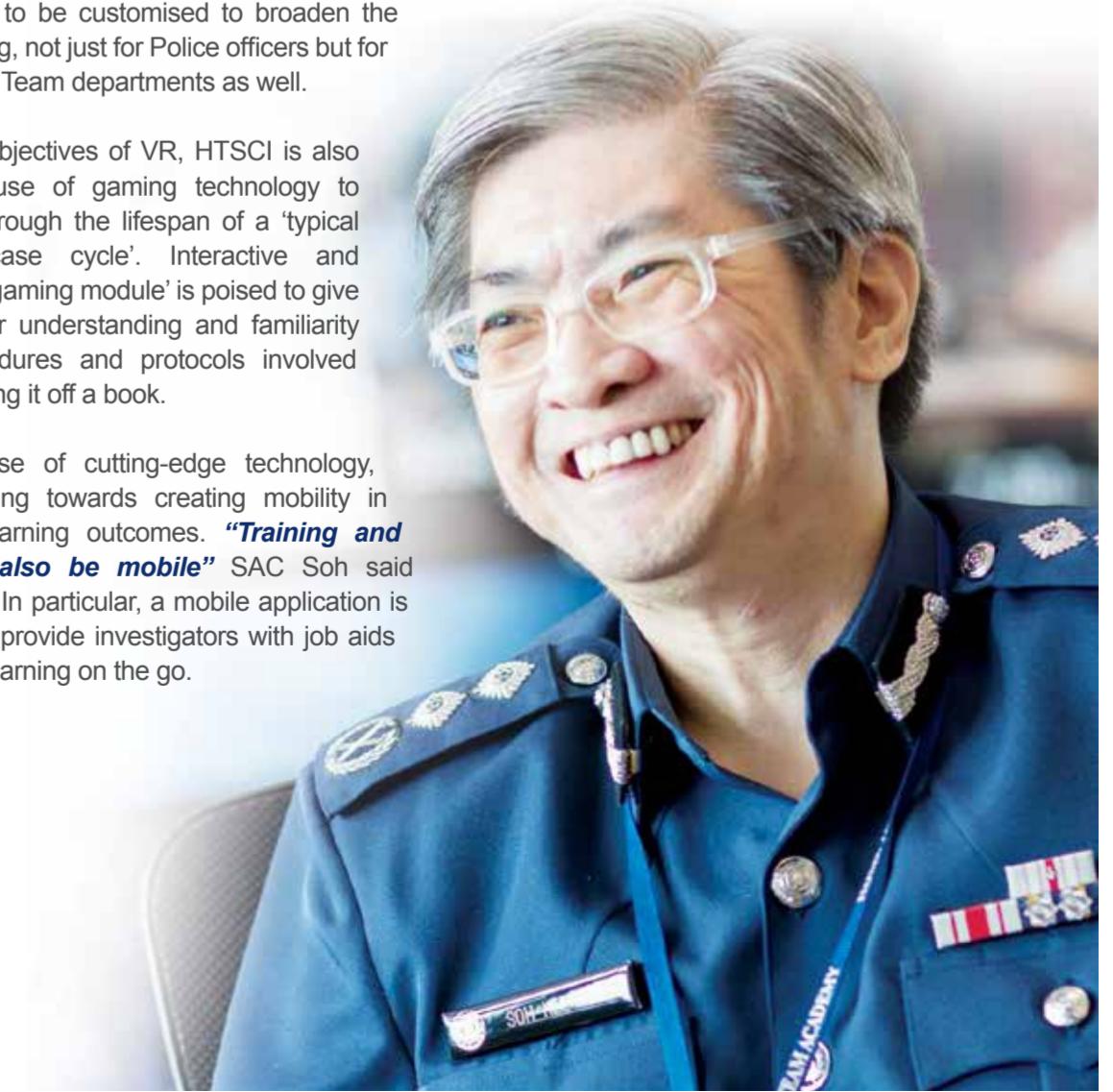
Embracing Technology

Given the prevalence of technology in today's policing context, it is impossible to extricate the use of technology from the realm of training. SAC Soh who double hats as the Senior Director of Technology Development in the Home Team Academy, revealed a few initiatives that tap on technology as a means to enhance training delivery.

Developed together with the Ministry of Home Affairs' Office of the Chief Science & Technology Officer, HTSCI uses Virtual Reality (VR) to simulate death cases to better train Police officers on the various techniques and protocols involve in handling such a scenario. There are plans for more training scenarios such as rioting to be customised to broaden the scope of learning, not just for Police officers but for the other Home Team departments as well.

Similar to the objectives of VR, HTSCI is also exploring the use of gaming technology to walk officers through the lifespan of a 'typical investigation case cycle'. Interactive and engaging, this 'gaming module' is poised to give officers a better understanding and familiarity with the procedures and protocols involved instead of reading it off a book.

Besides the use of cutting-edge technology, HTSCI is looking towards creating mobility in training and learning outcomes. **"Training and learning can also be mobile"** SAC Soh said matter-of-factly. In particular, a mobile application is in the works to provide investigators with job aids and to enable learning on the go.



Our K-9's Best Friend

By Md Falliq and Zachery Ryan Bala
(Photographer: Kenneth Tan)

Honorary VSC (Specialist) Assistant Superintendent of Police (Hon. ASP) (V) Dr Kenneth Tong from the Special Operations Command, Police K-9 Unit, shares with Police Life how his veterinary expertise and experience helped to contribute to the Singapore Police Force's (SPF) crime-fighting capabilities.

Every Monday and Thursday mornings, Hon. ASP (V) Tong takes a break from his clinical duties at his private clinic to head down to the Police K-9 Unit veterinary clinic to attend to the canines' medical requirements. In addition to his veterinary services, Hon. ASP (V) Tong also conducts training for the K-9 officers through a series of lectures and workshops. These lectures and workshops are designed to train all K-9 Unit officers, including operational, Para-Veterinarians (Para-vets) and Kennel Hands, on general health care practices and physical examination of the canine, which is important for their care of their canine crime-fighting partners.

Apart from lectures and workshops, Hon. ASP (V) Tong is also a strong believer of on-the-job training. He often encourages and allows the Para-vets and Kennel Hands to observe and participate in various treatment procedures which range from treating and stitching up of deep cuts, to dentistry procedures such as scaling, under his close supervision.

"When we visit a general practitioner, we are able to tell him what we feel. However, the dogs are unable to and therefore, it is important to enable the handlers to learn how to pick up these signs," elaborated Hon. ASP (V) Tong who has a Bachelor in Animal Sciences and a Post-Graduate degree in Veterinary Medicine.



Simplifying Challenges

However, getting the medical terms across to the officers is not always the easiest thing to do. The key challenge that Hon. ASP (V) Tong often encounters during his training sessions is the simplification of veterinary terminology into bite size and easy to digest information. "Gastric dilatation" and "Volvulus" (bloating of the stomach) is one of the many medical jargons that Hon. ASP (V) Tong struggles to articulate in layman terms.

"No point presenting a complex medical term which requires a high degree of skill to resolve. It will not be remembered or attempted by most officers, even myself included," he quipped.

So, to help the officers understand, he came up with the example of imagining that the dog's stomach is a soccer ball that gets overinflated with air and its associated signs and dangers. It was a simple example but it worked!

Another challenge that Hon. ASP (V) Tong faces is the tight operational schedule of the officers, which affects the scheduling and participation of the training sessions. Recognising the importance and value of such training for its officers, the Police K-9 Unit has extended its fullest support to make suitable arrangements so that the officers are still able to fulfil their duties and also have time to attend the trainings.

Owing to Hon. ASP (V) Tong's dedicated efforts in improving the effectiveness of the officers and the well-being of their canine partners, the Police K-9 Unit is better poised to support and strengthen the SPF's mission of safeguarding Singapore every day, whilst ensuring animal welfare is adhered to at all times!

4 MAIN BREEDS OF DOGS USED IN THE POLICE K-9 UNIT



1. German Shepherd

German Shepherds are most commonly used as guard dogs due to their size, strength, controlled aggressiveness and willingness to protect, which does a good job of deterring criminals. In addition, they can track and give chase to offenders upon command by the handler.



2. Belgian Shepherd / Malinois

Belgian Shepherds are also commonly used as guard dogs due to their size, strength and controlled aggressiveness much like the German Shepherd. However, the Belgian Shepherd is smaller in size but faster and has a lower incidence of certain health problems.



3. Labrador Retriever

Labradors are best known for their amazingly accurate sense of smell which makes them ideal detector dogs for sniffing out substances that range from narcotics to explosive materials.



4. English Springer Spaniel

English Springer Spaniels are also known for their acute sense of smell making them great detector dogs like the Labrador. However, unlike the Labrador, the Spaniel with its smaller body, makes it easier for them to manoeuvre around limited space such as inside the vehicles that they are searching.

The Smiles With the Extra Miles

By Md Falliq and Zachery Ryan Bala
(Photographer: Kenneth Tan)

Each year, the PS21 Star Service Awards are presented to recognise and reaffirm officers for their dedication to service excellence. Going above and beyond the call of duty to deliver exemplary standards of service, here are six of our Singapore Police Force officers who have each won themselves the award in the individual category.

A Little Kindness Goes a Long Way

Whenever there are charity events, Staff Sergeant (SSgt) Muhammad Aniq Bin Rusli will make the effort to participate as he believes that with every little effort, we can contribute in helping those in need which makes a difference in their lives. After rendering assistance to a couple who was involved in an accident along Pan-Island Expressway despite being off-duty, SSgt Aniq continued to go the extra mile after the accident to raise funds for the couple and appealed for witnesses to come forward through his Facebook page. Thanks to his assistance, the couple has recovered well!

"Do not be afraid to go the extra mile. I am not trained to handle road traffic accidents but I always believe if you are doing the right thing, nothing can go wrong."

— SSgt Aniq
Emergency Response Team Officer
Central Division



Equality for All

Known for his patience and service-oriented aptitude, Staff Sergeant (SSgt) Indra Iskandar Syah is always ready to go the extra mile to help the members of the public, even if the person is an accused. When he was tasked to follow-up on a case of public nuisance involving a foreigner, SSgt Indra upheld his professionalism while showing compassion and empathy to the accused's plight. By going the extra mile to engage and understand more about the accused, he not only helped him to realise his mistakes but instilled confidence in Singapore's law that all will be treated with justice and equality.

"When visiting foreigners commit crime in Singapore, they are somewhat alone here. We are the only contact person that they can rely on, that is why we have to step up and go the extra mile."

— SSgt Indra
Investigation Officer
Airport Police Division



Threading Thoughtfully

Despite having a number of service awards under his belt, Staff Sergeant (SSgt) Mohd Imran Bin Moosa Ismail remains committed to delivering stellar service in his course of work. Even when tasked to investigate a case of outrage of modesty which took place years ago, SSgt Imran did not give up despite the challenge of gathering lost evidence. While he ensured that justice was served, SSgt Imran was always mindful of the victim's psychological well-being throughout his course of investigation. SSgt Imran's dedication has definitely played a great role in re-instilling the victim's faith in the Force.

"When conducting an investigation, I always make it a point to leave no stones unturned because you will be surprised at what you can uncover if you look hard enough."

— SSgt Imran
Investigation Officer
Airport Police Division



Serving from the Heart

Assistant Superintendent of Police (ASP) Kiran Kushum Kumari Devi has proven that being a Police officer is more than just a job. Last year, she made a difference to the lives of a hoarder and her bedridden mother by going the extra mile to work with various agencies to alleviate the hardships of the hoarder and her bedridden mother. Despite her busy schedule, ASP Kiran took the initiative to coordinate the efforts of the various agencies. Apart from the intensive coordinating efforts, ASP Kiran had to also coordinate with the unit owner who was only willing to speak to ASP Kiran. Owing to her perseverance, genuine care and passion for serving the community, their efforts finally paid off with the hoarder and her bedridden mother living in a much better condition now.

"To make a difference you must be willing to go the extra mile. I am aptly placed in a job where I can carry out my core work and at the same time, add value to it."

— ASP Kiran
Officer-in-Charge
Community Policing Unit
Jurong East Neighbourhood Police Centre

A Man for Others

Senior Staff Sergeant (SSSgt) Tham is someone who holds a strong belief that being selfless is a virtue we should strive to achieve. SSSgt Tham was driving along the Ayer Rajah Expressway when an accident took place in front of him causing a motorcyclist to fall. Although SSSgt Tham was able to stop in time, the car behind him failed to stop, resulting in a collision with his car. Despite sustaining the impact from the collision, SSSgt Tham's first reaction was to immediately render help to the motorcyclist. He stayed on with his colleague to redirect traffic, gathered the motorcyclist's belongings and accompanied the motorcyclist till he was handed over safely to the paramedics.

"When responding to an emergency situation, my top priority is to save lives. It is important to treat the person in need of help as your loved ones."

— SSSgt Tham
Crime Strike Force Officer
Clementi Division



Going Above and Beyond

Station Inspector (SI) Goh Kim Chuan is someone who has a heart of gold. Two years ago, he was assigned to a case where a foreigner with mental condition was arrested. Although the case was subsequently handed over to the Institute of Mental Health, an empathetic SI Goh was sensitive to the anxiety of the accused's family members and went the extra mile by providing reassurance to them through regular updates about the case, even after working hours. In addition to the regular updates, SI Goh even went on his own accord during his day off to queue at the Immigration and Checkpoint Authority Headquarters so as to help speed up the processes involved. Owing to SI Goh's care and passion for serving the community, the family of the accused sent him an appreciation note calling him "An angel sent you from the heaven".

"Understanding the foreigner's condition coupled with the fact that the foreigner was alone in Singapore at that point of time, I felt the need to step up and offer more help. I feel that we should always be kind and treat everyone with respect even though they had committed a crime."

— SI Goh
Investigation Officer
Airport Police Division

When the Going Gets Tough, the Tough Get Going

By Hadi Hafidz
(Photographer: Vigneswaren)

Formed to unify the Singapore Police Force (SPF)'s elite tactical units, the Special Operations Command (SOC) is the strategic reserve of SPF that aims to provide the highest tactical response to prevent, deter and detect crime.

Comprising three main units — Police Tactical Unit (PTU), Special Tactics and Rescue (STAR) and K-9 as well as three auxiliary units — Crisis Negotiation Unit (CNU), Special Women's Task Team (SWTT) and United Nation Peacekeeping Force (UNPKF); the SOC is primarily responsible for Police tactical operations, weapon doctrines and mitigating crises such as hostage and barricade incidents, violent riots and crowd control. As part of their day-to-day routine, officers also perform high profile deterrence patrols and support frontline operations — deployed with K-9 Unit dogs to conduct search for suspects, drugs and explosives.

Often called upon to get the job done under the toughest conditions and during critical situations, SOC officers must be physically and mentally resilient to think and function effectively under stress. To be part of this swift and resolute team, officers undergo gruelling training which requires them to push their physiological and psychological limits, in order to be equipped with the specialised skillsets.



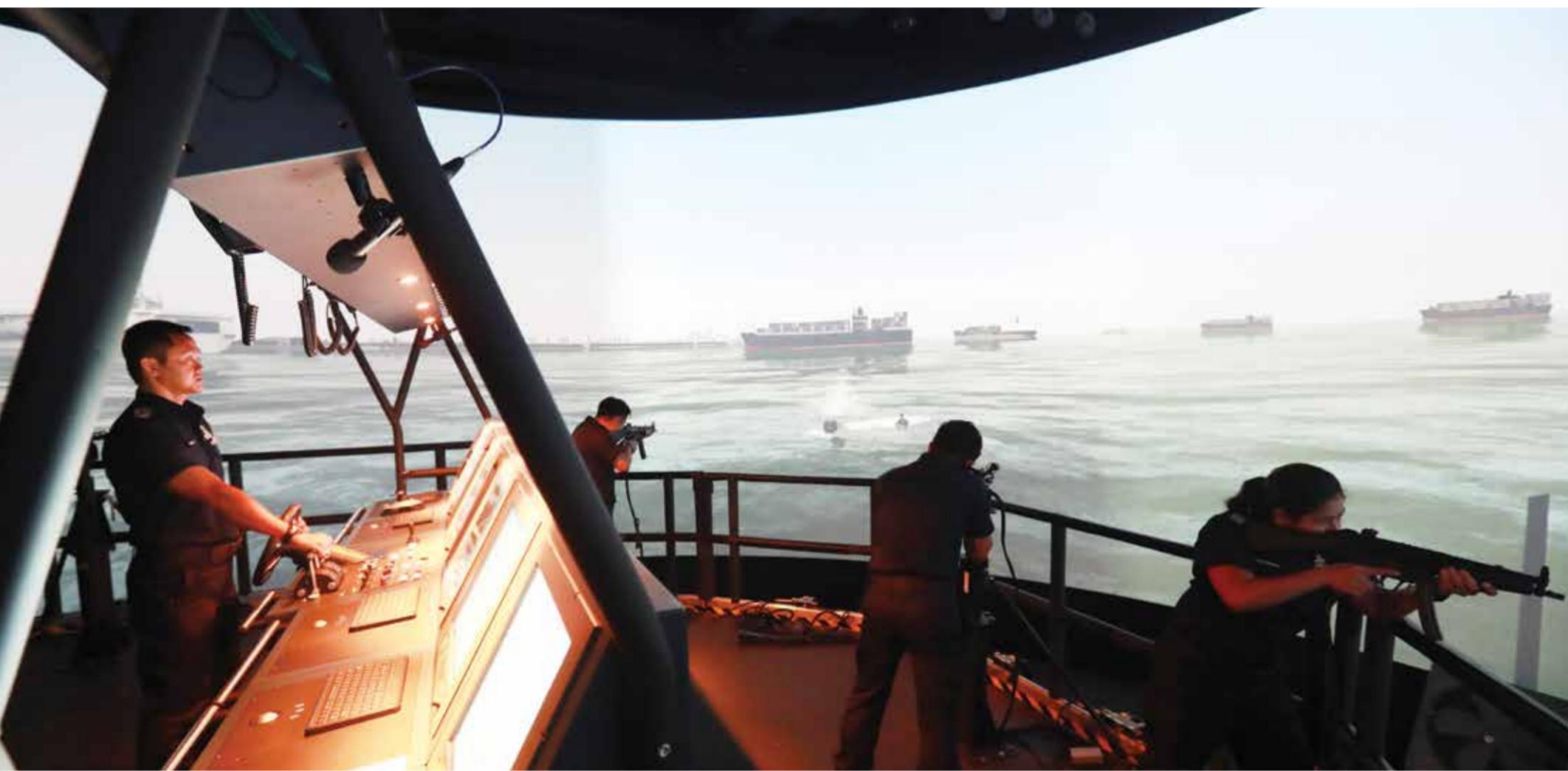
SOC officers training Divisional Tactical Teams and Emergency Response Teams to enhance SPF's public order and security capabilities.





My View — I am Firing Simulation Trainer

By Darwisyah Daud
(Photographer: Kenneth Tan)



The line between reality and the virtual world has never been more blurred, as technology is rapidly evolving.

"Beep...Beep..." the shrill automated beeping sound awoke me from my deep slumber as my system starts to initialise.

My thoughts begin to race as the Police Coast Guard (PCG) trainer toggled my system — selecting different marine backgrounds, targets and ammunition ballistics. Within minutes, I start to render a realistic three-dimensional moving graphics of the wharf, mainland, and other vessels onto the ginormous screens.

The PCG trainees are now standing on the platform, arranging their weapons as the helmsman steers the vessel away from the harbour and heads for the open sea.

Here I stand, as I rock and bob on virtual 'waves' with my fellow custodians of the seas — readying themselves to neutralise any potential seaborne threat and to safeguard Singapore's territorial waters.

Over the years, I have served the nation alongside PCG officers, imparting them with essential nautical skills and knowledge to enhance their operational readiness and professionalism.

Who am I? I am Firing Simulation Trainer, ready to train our future PCG officers!

 My advanced state-of-the-art technology serves as a learning platform for PCG trainees to put their skills to the test with different scenarios before they are operationally ready to patrol along our territorial waters. My system offers a safer environment for the trainees, while saving costs on fuel and ammunition.

 I am built with a comprehensive shot analysis and diagnostics system — detailing each monitored and evaluated shots on a 'Pass' or 'Fail' basis based on a pre-determined criteria. This provides PCG trainers with accurate and thorough evaluation of the trainees' performance for each shot. Designed with an intricate cutting-edge technology, I am ready to equip our future PCG officers with relevant maritime skills to safeguard our territorial waters.

Perpetrators beware!

Toddler Saved by Quick Thinking Police Officers

By Md Faliq
(Photographer: Amirul Adli)

A two-year-old boy's life was saved when his grandmother ran into Sengkang Neighbourhood Police Centre (NPC) for help.

It was a typical day for Senior Staff Sergeant (SSSgt) Mohamad Azhar Bin Abdul Aziz and Sergeant (Sgt) Mohamad Adam Bin Roslan on 18 March 2017, when an elderly woman ran into Sengkang NPC carrying an unconscious toddler in her arms and frantically seeking help. Both of them who were at the counter immediately sprung into action.

"The boy was not breathing and had no pulse. I had to react fast to save the boy," said SSSgt Azhar.

Cradling the toddler in one arm, SSSgt Azhar started performing cardiopulmonary resuscitation (CPR) on him while Sgt Adam called for an ambulance. The boy

started regaining his consciousness when SSSgt Azhar was about to perform mouth-to-mouth resuscitation.

When Staff Sergeant (SSgt) Joshua Kwek was alerted to the incident through the Police communications set, he immediately dashed to the nearby polyclinic for help. Fortunately, SSgt Joshua found a doctor who was still on duty and rushed back to bring the boy and his grandmother to the polyclinic. The boy was eventually commuted by ambulance to the hospital and has since recovered. *"While waiting for the ambulance, I kept the boy engaged to keep him alert. He responded with a high-five and I felt a great sense of relief,"* said SSSgt Azhar.

Recounting the incident, SSSgt Azhar shared that *"It is important for our officers to be trained in life-saving skills such as CPR. You will never know when you can really make a difference in a life-or-death situation."*

"It is important for our officers to be trained in life-saving skills such as CPR. You will never know when you can really make a difference in a life-or-death situation."

— SSSgt Azhar,
Group Leader of Team Alpha, Sengkang NPC



Enhancing Citizens' Preparedness

By Hadi Hafidz
(Photographer: Kenneth Tan)

As part of the SGSecure movement, Members of the Public (MOP) are provided with training conducted by the Community Policing Unit (CPU) officers to ensure readiness in the event of a terrorist attack.

Station Inspector (SI) Ibnu is all prepared for the schedule that awaited him as he sipped from his favourite canned coffee. Equipped with the necessary pre-planning information to conduct his daily SGSecure training for MOP, SI Ibnu proceeded to the designated location and gathered his thoughts as he walked towards a block of Housing and Development Board flats.

Before arriving at the resident's doorstep, SI Ibnu always makes it a point to mentally replay the content of the training for a final time before the session starts. The contents were provided to him when he first attended the training, involving all CPU officers, in order to be SGSecure certified trainers.

Prepared Citizen

His knocks on the doors are usually greeted by a resident who would look slightly startled at the sight of a Police officer. A typical session with residents would include some introductory exchanges, before SI Ibnu begins to brief residents on the "Run, Hide, Tell" advisory. He would then proceed with the screening of the SGSecure and Improvised First Aid Skills (IFAS) videos. The SGSecure video is a re-enactment of a firearms attack, shown with the purpose of educating citizens on the appropriate actions to take when faced with such a situation. The IFAS video, on the other hand, educates citizens on how to use commonly available items to stop bleeding when injuries are sustained. After the screening of videos, SI Ibnu would then conduct a quick test on residents' understanding before reiterating the key points highlighted in the videos.

The session would then conclude with the registration of the participant as a prepared citizen. Ultimately, each household needs to have at least one trained member to enhance the overall preparedness of the community.



Thoughts of a Resident

"I think that house visits are an effective way to reach out to people on the importance of SGSecure training. If we have any questions, we can ask immediately," shared Mr Choo, a prepared citizen who has undergone the SGSecure training.

Mr Choo also added that the training serves as a reminder to everyone living in Singapore that **"we must stay alert, stay united and stay strong as terror attacks are moving closer and closer to our shores."**

Other Methods of Conducting SGSecure Training

In order to cater to the needs of our stakeholders, house visit is not the only means to conduct SGSecure training.

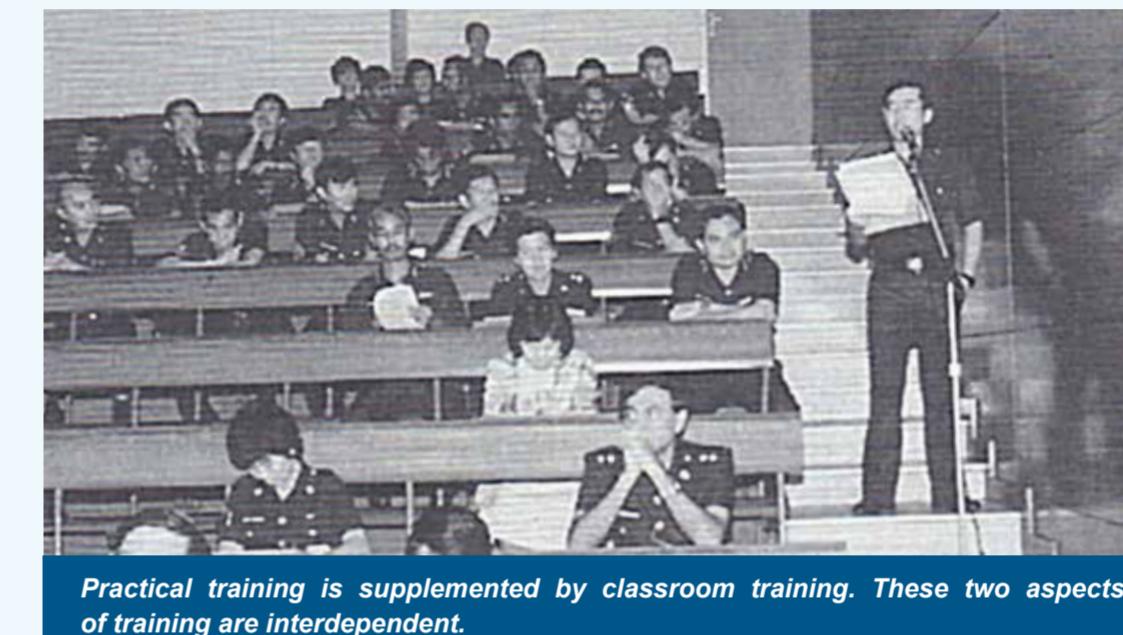
"Mass talks are also conducted for business stakeholders and schools. Individual training sessions can also be conducted for residents at Residents' Committees block parties," explained SI Ibnu.

Against all odds, everyone has a part to play in protecting themselves and those around them in the event of a terror attack. It is our collective efforts that would ultimately help keep Singapore safe and secure.

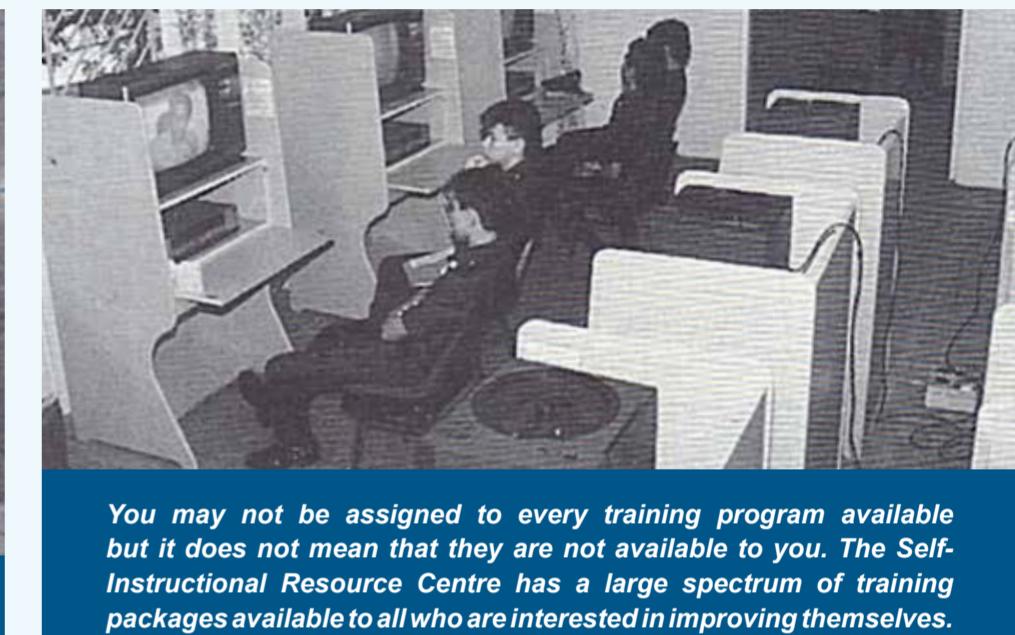


Training Law Enforcement Officers

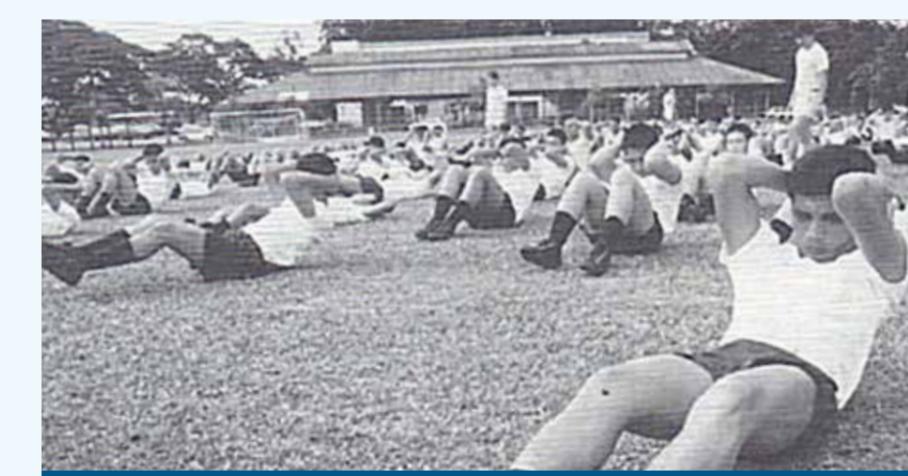
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Practical training is supplemented by classroom training. These two aspects of training are interdependent.



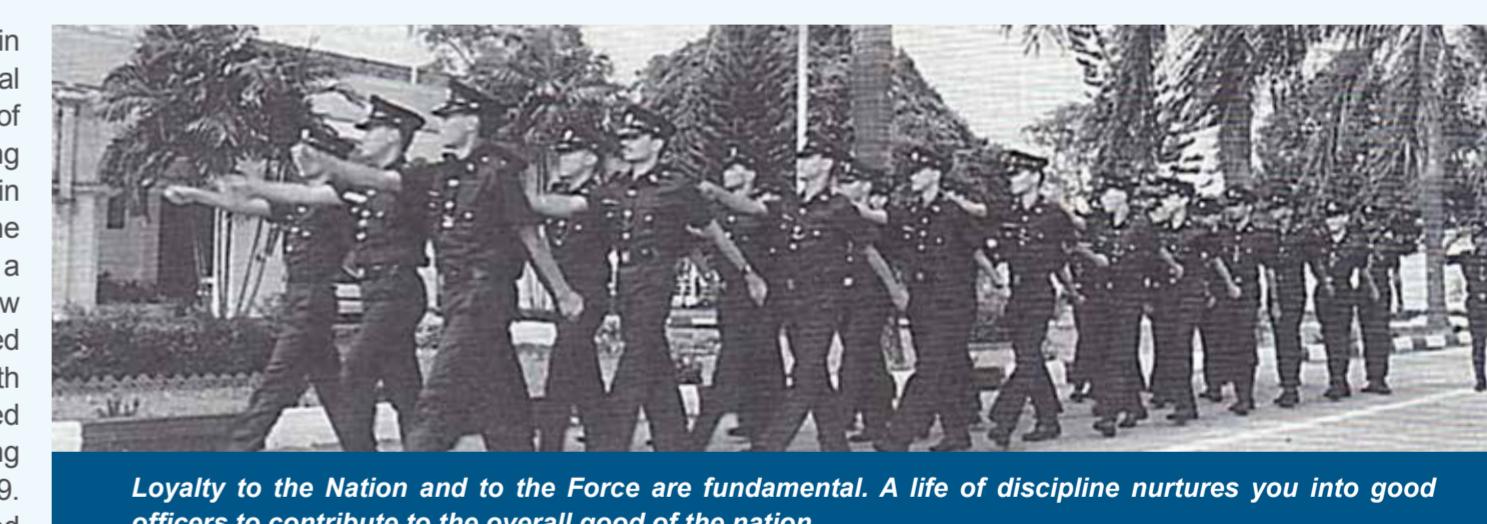
You may not be assigned to every training program available but it does not mean that they are not available to you. The Self-Instructional Resource Centre has a large spectrum of training packages available to all who are interested in improving themselves.



You cannot be an effective Police officer without being physically fit. Your job demands it.



Long hours of repetitive drill training ensure your effectiveness in combat situations.



Loyalty to the Nation and to the Force are fundamental. A life of discipline nurtures you into good officers to contribute to the overall good of the nation.

The Police Force in Singapore was first formed in 1857 with the passing of the Police Act. No formal training was available then till a Commission of Inquiry was set up to look into the area of training for Police work. That was in 1897. Years later, in 1923, a training school was set up at a site off the present Shenton Way. Six years later, in 1929, a Training Depot was established at the site now occupied by the Police Academy. It was renamed the Police Training School after the war in 1945. With independence in 1965, the school was re-organised to cater for basic, advanced and specialist training and was accorded the status of an academy in 1969. Policies in the Police Force are constantly reviewed and amended in the light of various changes in the society. Courses are designed to equip officers to cope with the requirements that come with these changes. Four main types of courses were developed:

- 1) Senior officers' courses
- 2) Junior officers' courses
- 3) Specialist/vocation courses
- 4) Basic courses

There are also opportunities for officers to attend training programs abroad. For instance, trainers from the Dog Unit have trained in Hong Kong, Bangkok and the United Kingdom. More recently,

an officer spent eight weeks with the Royal New Zealand Police College on a narcotics detector dog training course.

The Police Academy also offers specialist training programs, designed to further sharpen the skills of the officers. Admission to such courses are based on recommendations and some of these courses are:

For Junior Officers

- 1) Criminal Investigation
- 2) Managing the Charge Office
- 3) Police Instructor's Course
- 4) Streetcraft
- 5) Effective Telephone Techniques
- 6) Investigation Officer's Course
- 7) Basic Death Investigation
- 8) Course for Divisional Storekeepers
- 9) NPPO Course

For Senior Officers

- 1) Staff Officers' Course
- 2) Evidence and Procedure Course
- 3) Effective Deployment Course

Unlocking the Key to Terror Plots

By Darwisyah Daud
(Photographers: Kenneth Tan and BEID)

The recent metro train attack in St Petersburg sends out another stern message that no country is spared from terror attacks. With a rising tide of terror attacks in the world, it is imperative for Singapore to continuously strengthen our responses to national security threats in order to protect her people against terrorist-related incidents.

To bring you insights into one of such responses against national security threats, *Police Life* caught up with Assistant Superintendent of Police (ASP) Lavton Tan San Hoo who is a Duty Officer (DO) of the Suspicious Sightings Task Force (SSTF) and also concurrently, a Post-Blast Investigation Officer (PBIO) in Singapore Police Force's (SPF) Bomb & Explosive Investigation Division's (BEID).

Unseen Works

As a unit in the Criminal Investigation Department (CID), the BEID develops SPF's investigative protocols in the management of post-blast incidents. To keep abreast of emerging trends, BEID officers partake in local and overseas conferences and training whenever the opportunity arises. Through such conferences and training, the BEID officers also take the opportunity to strengthen bilateral ties with their partners, which is highly beneficial in the sharing of knowledge and information in the fight against terror-related incidents.

Delving into BEID's scope of work unearths the interesting but crucial responsibilities of ASP Tan as a DO SSTF.

ASP Tan is responsible for carrying out routine checks and assisting the Land Divisions in conducting suspicious sighting investigations. As a staff authority on bomb and explosives investigation matters, he needs to be analytical and have an eye for details as he searches through every nook and cranny for evidence at the crime scenes with their specialised expertise.

In addition to his role as a DO SSTF, ASP Tan also doubles up as a PBIO to attend to explosive-related cases and conducts regular training sessions for officers from SPF, Singapore Civil Defence Force, Singapore Armed Forces and their overseas counterparts. Apart from working with law enforcement agencies, counterparts and other SPF officers, ASP Tan stressed that as a PBIO, another vital skill required in their job is the ability to train and equip other stakeholders with the necessary skill sets so as to prepare them for exigencies.

What it Takes

To ASP Tan, the demands of the job do not appear to be peculiar from that of an Investigation Officer (IO). Similar to the responsibilities of an IO, serving in the capacity of a SSTF officer calls for an experienced officer to be able to uncover the motives of the person engaged in reconnaissance activities such as, taking photographs or even sketches of our key installations, which could contribute to a potential terrorist attack plot.

ASP Tan went on to elaborate that as the officer in-charge of investigating suspicious sightings cases, he needs to be deft in pinning down tell-tale indicators during the investigative interviews with the person-of-interest to reveal the suspect's ulterior motives.



For officers like ASP Tan, investigation work plays a key role in a day's work that preserves the peace and stability of our nation. To ASP Tan, policing is more than just a job but also a commitment to build strong ties with members of the public in the face of adversity.

As the interview came to a close, ASP Tan urged Singaporeans to stay alert and united in the event of a crisis. **"While the law enforcement agencies have the hardware and skills to neutralise threats, it is actually the strong cohesion of the community that defeats terrorism,"** stressed ASP Tan with full conviction.

It is never easy for BEID to work against the backdrop — heightening the level of post-blast capabilities, equipping and training for the investigation community to deter any potential terrorist activity. BEID will continue to persevere and play a pivotal role in supporting SPF's mission of safeguarding Singapore every day.



Target – The Finishing Line

By Darwisyah Daud
(Photographer: Kenneth Tan)

In this issue of our healthy lifestyle series, *Police Life* shares with you the inside story of our very own national runner Staff Sergeant (SSgt) Mohamed Iskandar and his belief on how track and field has shaped him as an officer, throughout his seven years of service in the Force.



"Whenever I fix my eyes on the finishing line, I realised how far I have come. Never give up, put in your best and live life with no regrets."

— SSgt Iskandar's message to encourage officers to embrace a healthier and sporting lifestyle.



His fiery eyes reflect the budding athlete's determination, as he continues on his journey to be a Southeast Asian (SEA) Games runner. Spurred by his first win at the Intra-Jurong Police Cross Country in 2011, SSgt Iskandar's penchant for the sport grew stronger as he realised that he has the potential to excel in running.

Blazing Hot Trails

Back in 2014, he was selected to represent Singapore as a national athlete for the 'Trackstar Athletics' team. Throughout his years as a national runner, he has won a string of accolades from competitions such as the Singapore International Relay 2015 (Team Standard Category) and other overseas competitions which earned him numerous outstanding achievements. For SSgt Iskandar, his hectic schedule does not stop him from training for his trials. Whenever possible, he would seize the opportunity to practise during his days off for an average of two hours per session.

His sheer dedication and commitment towards running paid off once again when he recently finished off third place in the gruelling 79th Singapore Open Track & Field Championship for the 10,000M Men's Open category.

Health Benefits

When it comes to maintaining a healthy lifestyle, every bit of running counts. Similar to other sports, running helps to train your core muscles, shed fats and even amps up your overall health. To SSgt Iskandar, a healthy lifestyle and active participation in sports such as running helps him to build resilience and manage stress. He further shared that organising runs with his Police Tactical Unit (PTU) troops has helped him and his teammates achieve better work-life balance and pushed them to improve their 2.4 km timings for the annual Individual Physical Proficiency Test.

Valuable Lessons

SSgt Iskandar has benefitted immensely from his running sessions. Running not only improves his physique and overall fitness level, but also prepares him for his duties. As a trooper in PTU, SSgt Iskandar needs to be prepared to respond to serious cases of public disorder during major incidents. Prior to this post, SSgt Iskandar has had experience on the ground as a Ground Response Force officer at Bukit Batok Neighbourhood Police Centre, Jurong Division.

"What is next? I will give my utmost and keep on 'hustling' in order to make it through the selection trials and train hard to be a runner in the 2017 SEA Games," SSgt Iskandar explained, when quizzed on his aspirations.

One of Us

Hi I am...

Senior Station Inspector Abdul Majid Salim Bin Selamat, drill instructor from the Basic Training Centre — Field Training Wing of the Training Command.

An interesting part of my job...

As a drill instructor, I am privileged to be involved in shaping our future Police officers. Patience is a virtue when it comes to teaching foot drills to the trainees. Though it may take some time to get their moves perfected, it gives me great satisfaction to see my trainees executing their drills and marching with pride at the National Day Parade.

What keeps you going at work?

The trainees. Seeing how they persevere and progress in their training fills me with great contentment. I hope that my guidance would also remind them of the importance of exemplifying Singapore Police Force's core values — Courage, Loyalty, Integrity and Fairness — when executing their policing duties.

When I am not at work I enjoy...

Running. During my days off, I will run in rain or shine. As we get older, health is one of our most valuable assets in life that we should not take for granted.

I cannot live without...

Television (TV). It allows me to spend quality time with my family as we bond over sitcoms and dramas. After a long tiring day at work, it definitely feels great to hear your kids' laughter and see big smiles on their faces as we enjoy the TV programmes together.

I believe...

Always put in your best and be prepared for the worst. In life, failures are bound to happen. Thus, we must always have a contingency plan in order to brace ourselves for the 'stormy days' ahead.

