



TRAINING INFO SHEET

(You may want to print this out.)

WHAT: The RGI Conflict Resolution course is a two day intensive training experience for protector professionals. Top conflict resolution specialists from the law enforcement, military and martial art worlds will facilitate the course. Participation in the course results in a Level I certification in RGI Conflict Resolution Skills.

If you are a "first-timer" – welcome! No prior experience is necessary. You'll enjoy the cooperative and friendly atmosphere. You may also sit out or observe any of the exercises if that makes sense for you.

WHEN: Check in starts at 0800 on the first day; please check the date on the website. The training starts at 0800, and follows the training schedule which can be accessed from: www.resgroupintl.com/events/. The days are a full 8 hours of training with short breaks and an hour and a quarter off for lunch. There are several restaurants within walking distance or a short drive. Please don't be late and expect to stay until approximately 500 pm each day. Training concludes with a short graduation ceremony at approximately 500 pm on the final afternoon.

WHERE: The training will be held at Wesley Hall, 4th & Mercer Avenues, Spring Lake, NJ 07762. There are restrooms and a place to change. Please note that this is an interim facility, so bear with us. It is a community center connected with a church. Please be aware that we have neighbors. Driving directions are available on the RGI website or by request.

REGISTRATION: Please register (if you have not done so already) online or in advance by mail. Walk-ins will be accommodated if space permits, but please provide as much of an advance notice as possible and fill out a registration form beforehand. We want to be able to have most of the paperwork done prior to the start of training and get started immediately.

WHERE TO STAY: There are a number of local and not so local hotels in the area. A list of recommendations can be accessed from the website: <http://www.resgroupintl.com/events/>.

WHAT TO WEAR: PT gear. T-shirt or polo shirt, shorts, comfortable training pants or warm-ups, and comfortable footwear (sneakers, cross-trainers, or wrestling/mat shoes).

BRING: Something to drink, snacks (power bars, etc.), an extra t-shirt or two, and a towel. Feel free to bring t-shirts, books, unit patches, coins, to share or trade. Cameras are permitted, but please ask the individual instructors for permission to take their pictures.

Spring Lake is a very nice place, and quite near the ocean. You may want to bring a bathing suit if your course is scheduled during the summer.

ALSO BRING: If you have a training sidearm and holster, please bring it. Plastic training knives may also be used. However, training weapons are not required. **No real weapons, please.**

DO NOT BRING: Anything illegal. Video or movie equipment is prohibited; no guns or edged weapons, alcohol or non-prescription drugs, please.

MISCELLANEOUS: There will be a nurse with first aid equipment onsite. If you have special medical concerns please advise the staff. The contact phone number during the training is 908-415-0811.