



GLOSSARY:

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 - JOIN UP
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WELCOME LETTER

Dear New Constable,

Congratulations on receiving your Constable commission, and we would like to formally welcome you to the **South Carolina Constables' Association of the Upstate**.

To help you gain a better understanding of what being a Constable means, our rich history and how to establish relationships with the agencies you would like to work with, we have created this orientation manual as a navigation guide. The 12 months of your Constable experience should be expected to be an introductory period. You will be assigned an experienced Constable mentor by the association to answer any questions and introduce you to the right people at the agencies you will choose to work with. Your mentor will also discuss duty, expectations, and goals. We encourage you to take advantage of the many training opportunities, to train hard and frequently, be safe, and be mindful of those around you. As Constables we are a valued recourse for the agencies we serve. We strive to provide the up-most in professionalism and courtesy to both our partners in law enforcement and the public. When Constables work with an agency, the agency is entrusting us with being the face of their organization, and we do not take this lightly.

EXAMPLES OF DUTIES THAT A CONSTABLE CAN BE RESPONSIBLE FOR:

Keep checks / property checks	Serving legal documentation.
Assistance in executing warrants	Serving summonses, subpoenas, and court orders.
Responding to 9/11 hang ups	Traffic control
Special event security	Security for delegation or VIP
Court security	Detaining and Arresting
Building searches	Protecting the vulnerable
Keeping the peace	Transporting prisoners
Responding to accidents	Crowd Control
Community Policing	Hospital prisoner guarding

Constables ages typically range from their 20s to 70s and have a range of physical abilities. Constables that only work Court duty are just as important as those that patrol the roads. They alleviate the need for a full-time officer to work in the position and allow the agency to redirect the full-time officer to the road.

Because of this wide range of applications, being the Swiss Army Knife of law enforcement is essential. This involves thinking on your toes, remaining calm, in control and professional, and staying current with a diverse range of training. **The annual minimums required by SLED are training in *Blood-borne pathogens, Domestic Violence and Firearm Qualification***, however, being appropriately trained as a Constable can be so much more than that. Close Quarters Battle, Krav Maga, Firearm proficiency (pistol, shotgun and rifle), handcuffing procedures, de-escalation techniques, lifesaving and medical trauma training, Emergency Vehicle Operations, Mental Health and verbal judo are just some examples of training that departments offer that are available free of charge to Constables.

Constables are law enforcement first responders. Therefore, are open to the benefits that are open to first responders such as heavy discounts at tactical retailers, uniforms, firearms, weapons training facilities, martial arts facilities, gyms, entertainment tickets, restaurants and more.

The most important (and without question the most self-satisfying rewards), are the moral rewards, and the satisfaction of giving back to our community. The camaraderie within law enforcement and the first responder community is something that only military veterans outside of the first responder community can appreciate.

To be a Constable takes time, patience, and perseverance. As a Constable, you can be the light in someone's darkest hour. When you put on that uniform you represent so much more than yourself. It is an honor and a privilege to wear the badge. Being a Constable is, without a shadow of a doubt, the most rewarding volunteer opportunity you will ever experience.

Remember, you are a volunteer, and are rewarded with a \$3000 tax deduction for your service after 240 hours. Print this out and give it to your accountant service:

https://www.scstatehouse.gov/sess119_2011-2012/bills/3194.htm

Also make sure to retain a copy of your hours, miles driven and all receipts, make sure to hand them to your accountant for the appropriate tax deductions.

Getting Access to our Members Only Restricted Site:

Go to our main page:

www.sconstablesupstate.org

Click on the Members Only Restricted Site Button which will open a member Login. At the bottom click on the Join Us Link and fill in the information choose your password and ensure your AD# from SLED is in the form. This will create your account with us in "pending" status. Feel free to email Scott Pinkham at:

Scott.pinkham@sconstablesupstate.org

Let him know and he will activate your account.



Member Login

The image shows a login form with the following elements: a text input field for 'Username or Email', a text input field for 'Password', a checkbox labeled 'Remember Me', a 'Log In' button, and two links: 'Forgot Password?' and 'Join Us'. A blue arrow points to the 'Join Us' link.

On behalf of all the leadership and members of District III South Carolina State Constables Association (better known as SC State Constables Association)

Welcome to the Association!

HISTORY

On March 24, 1663, the first Charter for the Province (Colony) of Carolina was granted by Charles II, King of England, to eight of his strongest supporters. This Charter was subsequently enlarged by a new Charter signed on June 30, 1665. This was basically everything from Virginia to Florida.

On March 1, 1669, the Lords Proprietors approved The Fundamental Constitutions of Carolina, thereby setting out the organization and governance of the colony. Of significance to we State Constables is the establishment of the office of Constable as referenced in item numbers 2,39,40, and 91.

On October 21, 1669, six of the eight Proprietors met and assigned titles/duties to themselves. William Craven, 1st Earl of Craven was assigned as the first High Constable. An office still in the South Carolina Code of Laws as Chief Constable. Thus, laying the foundations with they and their deputies for the present State Constables and their County Constable counterparts.

By 1720, the Crown had appointed a Royal Governor and by 1729 North and South Carolina was owned and governed by the Crown with Constables becoming Royal Colonial Constables instead of Proprietary Constables.

This leads us to the period of the American Revolution. On March 26, 1776, South Carolina adopted a constitution and became a republic with John Rutledge as President. The Constable System carried forward into the republic period as well as statehood under the Articles of Confederation and the Constitution.

This system remained basically intact until the period of Reconstruction after the War Between the States. During Reconstruction abuses and corruption were rampant. In 1877 the State Constabulary was reorganized during the term of Governor Wade Hampton.

In 1947 the South Carolina Law Enforcement Division (SLED) was established by Executive Order of then Governor Storm Thurmond at the request of South Carolina Sheriffs, giving birth to the modern-day State Constable in South Carolina. The first State Constables were appointed by the Governor of South Carolina at the recommendation of SLED and were given the title of "SLED Agents" and carried a SLED Agent badge. Since appointees had no formal training, it was mostly a political appointment. This does not mean that none were capable law enforcement officers, as some city police officers were issued commissions; therefore, they could apprehend "lawbreakers" outside their city limits and even in other counties. Keeping with tradition, and to distinguish Constables from professionally employed SLED Agents, the appointment was eventually changed to that of a State Constable.

In 1990 SLED took "another look" at the state's Constable program. It was determined that all Constable commissions would expire at the end of 1990 with new conditions placed on the renewal of a Constable's commission. At that time there were approximately four thousand (4000) Constables holding a Commission. To renew the commission, the Constable would be required to attend a 48-hour course of instruction at a State Technical Education College. The course was to comply with the requirements of the Criminal Justice Academy of South Carolina Department of public Safety and SLED. After successful completion of the course, the Constable would be permitted to re-apply for his/her commission and then be re-instated as a constable. As one might imagine, the new requirements thinned the ranks tremendously.

As can be seen, many changes have taken place with the Constable program over its long history. Today, there are three (3) distinct groups of State Constables serving in South Carolina.

Group I Constables – Includes all SC Highway Patrol Troopers (bet you didn't know that!) and other uniformed police officers or plain clothes investigators for the state with statewide jurisdiction. This includes some federal agencies in case they need to make an arrest under state law.

Group II Constables-A commission open to all retired former sworn LE-Officers

Group III Constables-All other commissioned individuals who complete training requirements Presently, there are approximately 900 commissioned Group III State Constables serving as professionally trained, certified, and sworn law enforcement officers in the State of South Carolina. Group III Constables are now divided between two levels of training, Basic and Advanced Constables. Basic Constable training now consists of 82 plus hours of classroom instruction, including 12 hours of weapon training and qualifications. Individuals who desire to become an Advance Constable must complete the Basic Constable Course, satisfy all prerequisites, and attend an additional 61 hours of Advanced training, after which they must pass an exam given by the South Carolina Criminal Justice Academy (SCCJA). Additionally, they are required to complete yearly Bloodborne Pathogen (BBP) training, legal updates, Domestic Violence (DV) updates and firearm qualification. This is to ensure that Constables who ride with a full-time officer are well equipped to always assist and back up their partner. Constables operate under the rules and regulations of SLED. State Law also specifies that SLED has regulatory authority of State Constables for specifying qualifications, training and general oversight of the State Constable Program including limits on use of their law enforcement authority. Constables act under a wide range of laws and regulations with the intent to help provide an effective and efficient resource of law enforcement personnel for the citizens and agencies of South Carolina. SLED continually updates the standards of the State Constable Program with care to regulate State Constables as they serve the public by helping maintain peace as they have for hundreds of years, but with qualifications, training and standards that meet the current requirements of a law enforcement officer. Whether Basic or Advanced, we who are SC State Constables are proud to be a vital part of the "Thin Blueline". Like our predecessors, all South Carolina State Constables still serve without pay or compensation. Our reward is to give back to our communities and the State of South Carolina while enjoying the comradery of working and serving alongside our brothers and sisters in blue.

NEXT STEPS

So, you have your credentials. What is next?

You need to purchase the appropriate accessories for you. The list below is a recommendation list of items that experienced Constables have recommended for various reasons, whether they are more durable, easier to use, lighter weight etc. These are recommendations only and may or may not be able to be used with the particular agency you work for. Make sure to check with your agency on their policies before purchasing equipment.

We know that Anderson County, Anderson City PD, Greenville County, Oconee County, Simpsonville PD and Mauldin PD are ok with everything on this list.

1. SLED UP – MANDATORY TRAINING

Make sure that you have all your certifications current with SLED.

BLOODBORNE PATHOGENS

www.lineofduty.com

Volume 6, volume 11

Username: Your email

Password: Training

Complete the training video, print of the resulting certificate, keep a hardcopy and email it to: SCConstableSLEDDocs@SLED.SC.GOV

Requirement: ANNUALLY

DOMESTIC VIOLENCE

www.sledconstabletraining.org

Enrollment key: DVIOLENCE

Complete the training video, print of the resulting certificate, keep a hardcopy and email it to: SCConstableSLEDDocs@SLED.SC.GOV

Requirement: ANNUALLY

LEGAL UPDATE

www.sledconstabletraining.org

Enrollment key: LEGALUP

Complete the training video, print of the resulting certificate and email it to:

SCConstableSLEDDocs@SLED.SC.GOV

Requirement: ANNUALLY

MOVING VEHICLES AND DEADLY FORCE DIRECTIVE

www.sledconstabletraining.org

Complete the training video, print of the resulting certificate and email it to:

SCConstableSLEDDocs@SLED.SC.GOV

Requirement: ONE TIME

FIREARM QUALIFICATION

Use the standard qualification sheet for your primary and backup firearm (if applicable)

A copy of the firearm qualification sheet can be found on www.sconstablesupstate.org

Send the signed certificate by email it to: SCConstableSLEDDocs@SLED.SC.GOV

Contact your agency liaison Constable for information on where and when you can qualify at an agency range, and make sure to check on this plenty of time in advance to your anniversary date, so you can make appropriate arrangements for time and location. Do not forget to take your qualification form with you, as the range will not have one.

Requirement: ANNUALLY

CONSTABLE ASSOCIATION WEBPAGE

Make sure to contact Advanced Constable Scott Pinkham airbrushbyscott@icloud.com in order to receive a username and password for this website that has important forms and contact information.

USE OF FORCE

If you are forced to use force while on duty. Download the use of force master sheet from www.sconstablesupstate.org, fill it out and contact your agency coordinator for further instructions.

Requirement: WHENEVER USE OF FORCE IS USED IT SHOULD BE DOCUMENTED

QUARTERLY HOURS REPORTS

Are due once a quarter. The master sheet to fill out your hours can be found on the www.sconstablesupstate.org website. Submit your hourly report by email to: SCConstableSLEDDocs@SLED.SC.GOV every quarter, and make sure to retain a hardcopy.

Requirement: QUARTERLY

PPE GEAR

**BEFORE YOU RIDE YOU MUST HAVE A BAG WITH YOUR PPE GEAR WITH YOU
NOT HAVING THE FOLLOWING ITEMS IN A BAG MAY RESULT IN A FINE FROM DHEC**

1. Basic change of clothes
Full spare uniform (optional)
T-shirt, shorts, under wear and socks at minimum sweat pants, sweat shirt gym shorts.
2. Disposable Gloves
3. Mask (HEPA/N95)
4. Eye protection (safety glasses)
5. Bio bag to dispose of hazardous waste
6. Bio wipes (Lysol wipes or similar)
7. Paper towels
8. Bio spray (disinfecting spray bottle)
9. Sharps container (the patrol car you are in will typically have this already)
10. Disposable gown / coverall
11. Eye wash
12. Disposable shoe covers

2. SUIT UP –

- a. You will need to purchase the appropriate uniform. Both class A (formal) and class B (working) uniforms are to be kept clean and pressed.

Soft body armor

Recommended:

Safelife tactical HG2 level IIIA MOLLE

Additional body armor

Recommended:

www.vestforlife.com (\$45 pre-owned)



Class B shirt

Recommended:

5.11 tactical



Class B BDU pants

Recommended:

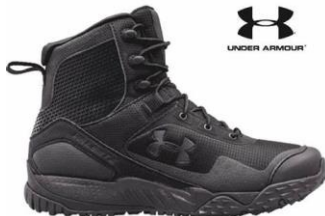
5.11 tactical



Class B boots:

Recommended:

Under Armor MicroG Tactical boot black



Class B shoes:

Recommended:

Under Armor Strikefast



Class A shirt

Recommended:

5.11 tactical



Class A pants

Recommended:

5.11 tactical



Class A shoes:

Recommended:

Florsheim midtown cap toe oxford black



Badges:

Recommended:

www.ConstableStuff.com

Reccommended:

1 x Pin on back for uniform

1 x Clip on back for wallet

www.ConstableStuff.com

Patches:

Recommended



Name badge and brass:

Recommended:

www.ConstableStuff.com



Sewing and embroidery: Recommended: Design Labs, Inc.



Gold whistle rope Recommended: Amazon.com



Web belt: Recommended: Safelife Defense



Belt savers: Recommended: Galls Molded Nylon belt savers



Baseball hat: Recommended: www.JocasseeEmbroidery.com



Campaign lawman hat Recommended: Design Labs, Inc.



Gold acorn hat rope

Recommended: [Amazon.com](https://www.amazon.com)



Name Tapes

Recommended: www.nametapefactory.com



You will need a good bulletproof vest. This is not a place to cheapen out! Constables are to wear a vest at all times when on duty. Choices are between an undervest, over vest, or tactical over vest. Armor can be soft or hard. www.safelivedefence.com has a good variety of vest styles and options. We would recommend a MOLLE covered HG2 or level IIIA vest with side armor panels. In Midnight blue or black.

St. Michaels shield project www.vestforlife.com offer Law Enforcement officers a vest for \$45. Make sure to order one as a backup if nothing else.



The photo above shows Constables in various uniform configurations. These are typical Class B duty uniforms. If an outer vest is worn, all brass on the shirt is removed.

UNIFORMS

There are 2 basic uniforms that are worn while working. The class "A" uniform and the class "B" uniform.

CLASS A uniform consists of a dark navy blue a.k.a. "midnight blue" button up uniform shirt. (short sleeve or long sleeve), and dark navy uniform pants.

The State Constable brass badge is commonly worn on the left lapel. The brass badge has dark blue or black writing and may have the Constables initials and last name or badge number.



The State Constable patches are worn on the shoulders. If the Constable is advanced, then an advanced tab can be worn below the State Constable shoulder patch. The position of the patch can be seen in the photo above. Design Labs will know how to position these patches on your shirts.



When the shirt is visible from the rear (no outer vest) the back of the shirt should have a patch or be embroidered with "POLICE STATE CONSTABLE" in yellow/gold. (See below). If an outer vest is worn, then "POLICE STATE CONSTABLE" in yellow/gold patch must be worn on the rear of the vest.





On the collar, brass “SC” pins are to be worn. They are angled appropriately with the collar (see illustration).



Brass name plates are to be worn on the right lapel centered and levelled above the right pocket. Name plates may have your date of service, or can be plain as seen in the photos below.



Black leather or fabric duty belt, with your level 3 holster and firearm. Other accessories may be worn on your duty belt.

HATS The State Constable dark blue trooper hat can be worn with the brass State Constable badge on the front can be worn in class B uniform.

CLASS B uniforms are only worn when approved by an agency, or can be worn when training. Some agencies will approve the class B uniform for regular duty. The class B uniform consists of a grey golf/polo style shirt with the constables badge embroidered or sewn on the left lapel. “POLICE STATE CONSTABLE” embroidered or as patch sewn on the back of the shirt, duty belt with level 3 holster, firearm and accessories. Trousers are typically navy blue or black and can be BDU style with cargo pockets. This uniform can be worn with Black oxford shoes, jump boots or black smart looking sneakers. There is also a class B “BDU” (Battle Dress Uniform) style of shirt that may be sometimes worn when working in rugged conditions, such as wooded search and rescue operations. This shirt has a name ribbon (dark blue with gold writing) on the right lapel and “POLICE STATE CONSTABLE” on the rear with State Constable patches on the shoulders.

HATS A baseball style hat, dark blue with the State Constable badge embroidered on the front or the State Constable dark blue trooper hat can be worn with the brass State Constable badge on the front can be worn in class B uniform.

Typically, this BDU shirt may be worn under an outer vest, and is often used when working with Sherrifs Departments. The Class A uniform is generally worn when working with PDs.

3. ARM UP –

- a. As Constables we are allowed to carry a range of firearms of our choosing from revolvers to semi-automatics. For several reasons, we would recommend purchasing the same firearm in the same caliber as the agencies you work with. The most common being a Glock G17 Gen 5 in 9mm. There are several reasons for this, but the most important are:
 - i. Interchangeable magazines (if you or your partner run out of ammo, mags are interchangeable)
 - ii. Weapon familiarization (if you must use your partners weapon, you are already proficient with it) and muscle memory will enhance shooting and reloading performance.
 - 3. Training. Weapons training at the agency will be with their commonly carried weapon.
 - iii. It is recommended that you install a flashlight, laser and RMR on your pistol for low light scenarios.
 - iv. You will need a level 3 holster. It is recommended to purchase the holster that has an allowance for the flashlight and laser and RMR (rod dot) attachments. These are not required but recommended for low light scenarios and quick target acquisition.
 - v. 2 additional full magazines.

Pistol: Recommended: Glock 17 Gen 5 with RMR cut out
These can be purchased with a deep “blue label” discount from:
Store: The Gun Shop and Indoor Range (only blue label store nearby)
Address: 622 NE Main Street, Simpsonville, SC 29681
Tel: 864-757-8580
Email: thegunshopinfo@gmail.com
Web: www.TheGunShopSC.com
Flashlight and laser: Recommended: Streamlight TLR-6 Flashlight and laser



Ammo: Recommended: Federal Law Enforcement 9mm 124 gr



Holster:

Recommended:

Safariland Level 3 retention with allowance for Glock 17 with TLR-6 AND RMR sight.



As a Constable, you are allowed to carry your primary firearm and a backup. Backup weapons should be small and concealable. Both weapons MUST be qualified at a shooting range and signed off by a SLED authorized weapons instructor prior to being carried on duty by a Constable.

Off duty: When off duty, all Constables should carry concealed and have their badge and credentials on hand. All Constables must have an approved CWP permit in order to open carry. If you wish to apply for a CWP, simply complete the www.sled.sc.gov website and complete and submit the online application.

Holsters:

Make sure that the holster you choose is built for the make and model of firearm you have purchased, if you have an RMR optic and if you have a laser / flashlight

There are three main manufacturer options:

- Safariland www.safariland.com
- Blackhawk www.blackhawk.com
- Gould and Goodrich www.gouldusa.com



4. EQUIP UP –

a. Flashlight –



Recommended:

O-Light Warrior X

b. Handcuffs (2 pair)



Recommended:

ASP Chain Ultra Plus

c. Shoulder light



Recommended:

Guardian angel

d. Small medical pouch



Recommended:

American Rescue IFAK

e. Search gloves



Recommended:

HexArmor PointGuard Ultra 6044

Make sure to order 1 size small for a tight fit. Recommend going to a shop to try in person.

f. Baton



Recommended:

ASP agent concealable lightweight

g. OC (pepper spray)

Recommended:

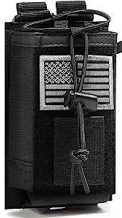
Sabre (Spray or gel) with holster



h. Tactical radio holster

Recommended:

Amazon.com for belt or MOLLE



i. Tactical glove strap

Recommended:

Amazon.com Livans for belt or MOLLE



j. Double Pistol mag pouch

Recommended:

Amazon.com Real Avid for MOLLE



k. Tourniquet

Recommended:

Amazon.com w/ scissors/pouch MOLLE



l. Cell phone holder



Recommended:

Amazon.com Iron seals MOLLE holder

m. Traffic wand



Recommended:

Amazon.com Ultrafire 11 inch LED wand

n. Handcuff Key



Recommended:

Amazon.com ASP Sentry handcuff key

o. Badge shield holder



Recommended:

Amazon.com Leather holder with chain

5. LEGAL UP –

It is important to make sure that you cover yourself with legal defense program insurance to cover legal fees in case of an officer involved shooting incident. We would recommend joining an FOP (Fraternal Order or Police) in the area that you most commonly work, as being part of the FOP gives you access to discounted insurance rates.

Greenville County Fraternal Order of Police (Lodge no. 17)
100 E. Park Ave, PO Box 311, Greenville, SC, 29602
Phone: 864-884-8768
Contact: Ben Sanders, Secretary: BD.Sanders@icloud.com

Anderson County Fraternal Order of Police (Lodge no. 10)
121 Ryder Lane, PO Box 348, Anderson, SC, 29622
Phone: 864-225-7570
Contact: Karen Subinski, Secretary: kls2842@yahoo.com

Other insurance carriers for defensive situations:

US Law Shield
1020 Bay Area Blvd. Ste. 220, Houston, TX, 77058
281-461-6000 / 877-448-6839
www.uslawshield.com

Right to Bear
833-887-2327
<https://protectwithbear.com/>

6. JOIN UP –

Time to choose the agencies you would like to work with. Each agency is different with their own culture and way of doing things. Do not expect one agency to have the same set of rules and regulations as another. Even shifts within agencies have different manners of executing the same mission, so be ready to adapt. It is their house, and we adapt to their rules.

Currently, the Constable Association of the Upstate support the following agencies:

Anderson City PD	Anderson Sheriffs Department	Furman University PD
Williamston PD	Greenville Sheriffs Department	Simpsonville PD
West Union PD	Oconee Sheriffs Department	Mauldin PD
Clemson PD	Spartanburg Sheriffs Department	Clemson University PD
Greenville PD	Greenville Spartanburg Airport PD	Seneca PD
Travelers Rest PD	Spartanburg Community College PD	Wellford City PD
Wofford University PD		

Contact the coordinator (also known as the Chief Constable or Liaison) of the agency you wish to work with to be placed on the agency’s ride list.

The current appropriate agency coordinator can be found on the www.sconstablesupstate.org website in the members only area.

Once you have received a copy of the ride list with your authorization, we would recommend contacting the agency coordinator to go through the procedures of how that particular agency prefers you to sign in, record hours etc. This guide will not go into those procedures, as they vary by agency. It will be the responsibility of the agency coordinator to complete this training with you.

- Make sure to ask for a 10 code list, as they vary depending on the agency
- Make sure to ask for a signal or code list as they vary, depending on the agency
- Make sure to ask for a duty roster, so you know what shifts are working and when.
- Make sure to ask for a duty contact list so that not only you can contact the right person when you can work a shift, but also you have contact information for everyone involved in the shift in case you need it in an emergency situation. It is recommended you take the time and plug in the contact information and call signs for the department personnel on your cell phone so that you have contact info at your fingertips should you need it.

7. DUTY UP –

No matter the duty, always look sharp. Officer presence is the basic element of the Force Continuum we learned in our Basic Constable Course. We must maintain strict hygiene discipline, our uniforms must not only be within SLED regulations, but clean, crisp, and fitted properly. We must be proficient in the maintenance and use of our duty gear, including our duty weapons in the interest of officer safety. Remember that we reflect not only upon ourselves, but in the public's eyes we also reflect on all law enforcement officers, and all South Carolina State Constables while on duty. By presenting ourselves in professional ways, both in how we dress and how we conduct ourselves, we will gain the respect of the officers we assist, which can only benefit the Association. Many in law enforcement are ex-military, and things like shined boots, lacing, sharp creases are indicators that you are a squared away individual and take pride in yourself and the badge you wear.

Quiet Professionals. Constables strive to live a humble life and hold a humble demeanor. Your actions, accolades and accomplishments should speak for themselves, and officers talk. Word about you and Constables in general spreads. Earning the respect of others is paramount in this profession. Humility is a strength. Not only do you represent the agency you work for, but the Constable association. It is our goal to serve our community as quiet professionals who perform our job without drawing attention to ourselves or our wants or needs. When we do the right thing, that gets noticed quickly. That is how we earn the respect of the law enforcement agencies we support. Drawing attention to ourselves in a negative light, such as whining, complaining, arguing with officers, the public or suspects only degrades our reputation in the community and has a negative effect on all State Constables.

Treat People how you would like to be treated. If we want to put our best versions forward, earn and maintain the respect of law enforcement agencies in the Upstate, we must always maintain a sense of professionalism. It is human nature to make immediate impressions of people using our senses, including our sight, sense of smell. First impressions are hard to dispel and can lead to misconceptions. As we are instructed in our basic Constable course, Officer presence is the basic element of the Force Continuum. We must maintain strict hygiene discipline, our uniforms must not only be within SLED regulations, but clean, crisp, and fitted properly. We must be proficient in the maintenance and use of our duty gear, including our duty weapons in the

interest of officer safety. Remember that we reflect not only upon ourselves, but in the public's eyes we also reflect on all law enforcement officers, and all South Carolina State Constables while on duty. By presenting ourselves in professional ways, both in how we dress and how we conduct ourselves, we will gain the trust and respect of the officers we assist, which can only benefit the Association.

8. MEET UP

The Constable association has meetings one a month that include pertinent information, important training and a chance to meet and communicate with your fellow Constables. Make sure to come to these meeting to learn about opportunities to serve, avoid missing important information and to have any questions answered. The meetings often have high caliber guest speakers that have lots of information about their experiences and what to look for when you are in the field.

STAY FIT:

There are a number of workout and gym locations that we would recommend looking into to stay sharp an in optimal shape for duty. Many of these gyms offer scholarships like “adopt a cop” for law enforcement and “we defy” for veterans, offering free gym memberships and training.

UFC Gym: Muay Thai and BJJ

<https://www.ufcgym.com/locations/greenville>

The Battlefield: Standup and Kickboxing

<https://jointhebattlefield.com/>

High Performance Gym: BJJ and Boxing

<http://www.highperformancegym.com/>

Alliance: BJJ

<https://optimizationtraininglab.com/jiu-jitsu/>

Military/Vets: <https://wedefyfoundation.org/>

Law Enforcement: <https://adoptacopbjj.org/>

STAFF DIRECTORY:

A staff directory for the South Carolina Constables Upstate Association can be found on the locked area of the www.sconstablesupstate.org website.

IMPORTANT CONTACTS:

CONSTABLE STUFF – This website sells items just for SC State Constables

www.ConstableStuff.com

Jimmy Bruce

Constable Stuff

1428 Beaver Dam Rd. Richburg, SC 29729

Ph: 803.789.4242

Fax: 803.789.3617

DESIGN LABS INC. - Custom Public Safety Uniforms, Outerwear, Ballistic Vests and Carriers, custom embroidery, and screen printing. They have our badges to embroider with your name of badge number.

Address: Located near the Haywood Mall at 825 Old Airport Road, Greenville, SC 29607

Hours 9-5 Monday – Friday

Phone 864-297-7199 ext. 231

JOCASSEE EMBROIDERY

Have the Constable logo on file. Their baseball cap has the badge on the front and “State Constable” in gold letter on the back strap. The hats are elastic banded and 1 size fits all. Very comfortable.

Jocassee Embroidery

Julie Edwards

311 Tucapau Road, Duncan, SC 29334

Ph: 864-433-1113

Fax: 864-433-1204

8AM-5PM Mon-Fri

www.jocasseembroidery.com

Julie@jocasseemb.com

GOVX

www.govx.com

NAME TAPE FACTORY

201 w. Veterans Ave. Tomah, WI, 54660

608.372.5100

608.387.0295

help@nametapefactory.com

ST. MICHAEL'S SHIELD PROJECT

6501 Booher Rd.

Corryton, TN, 37721, USA

865-661-2750

www.vestforlife.com

info@vestforlife.com

NORTH AMERICAN RESCUE

Brandon Brown
Director of Law Enforcement Programs
North American Rescue®, LLC
www.NARescue.com
Main- 864.675.9800
Cell- 864.449.5211

Coastal Cerakote
CoastalCerakote@yahoo.com
Instagram @coastalcerakote and on Facebook at facebook.com/coastalcerakoting

LEGAL INSURANCE

FOP LEGAL PLAN

Lynn Young

*Senior Client Service Specialist, Hylant
FOP Legal Defense Plan*
email: lynn.young@hylant.com
phone: 800-341-6038 | fax: 419-255-7557 | direct: 419-724-8726
811 Madison Ave. | Toledo, OH 43604
website: www.foplegal.com

CELL PHONE SERVICE

FIRSTNET by AT&T

This is a special cell phone service offered by AT&T. When a natural disaster happens, civilians will block the cell phone lines. Firstnet offers a completely separate channel for first responders that gives your call priority to reach out when the average civilian can't.

www.firstnet.com

CONSTABLE EDUCATION

Lynn Camp

Director | Community Interest & Professional Dev.
Corporate & Community Education
Spartanburg Community College
SCC Tyger River Campus
(864) 592-4105 | camp@scpsc.edu
Lieutenant in charge of training: 803.896.7251
Program assistant: 803.896.7029

It is recommended that you register with ID.me as this will open up discounts to many of the following vendors:

OTHER COMPANIES THAT OFFER DISCOUNTS TO LAW ENFORCEMENT / FIRST RESPONDERS:

1st Tix – free tickets to events such as concerts, plays, theater, and other events

www.1sttix.org/ref/3587987

Crayola
Great Wolf Lodge

Under Armor
Thin Blue Line USA

Beaches Resorts
Caesars Palace

Diggerland
RV for fun
Knotts berry farms
Legoland
Helix sleep mattresses
Birch living
All form
Projector Screen
YETI Coolers
Sporting Smiles
Kirklands
AT&T
Verizon
Sams Club
Costco
Apple
Glory Days Grill
Noodles and Company
Chick Fil A
Outback Steakhouse
Erno Laszco
Gel Pro
Hammer Nutrition
Jockey
Levis
Medelita
Moosejaw
Newton Running
Pelican Products
Ray-Ban
Rhone
Shirt Suppliers
Theragun
Tire Buyer
Tuft & Needle
Zenni Optical
Blue Apron
PowerUpHealth
...and more

Oakley
Sunglasses Hut
Lulemon
Tactical Baby Gear
Luminox Watches
All hotel chains
Sandals Resorts
All cruise lines
Margarita Resorts
Ford
General Motors
Budget Truck Rental
Honor the Brave
Bonefish Grille
Carabbas
El Pollo Loco
Firehouse Subs
Krispy Kreme
Texas de Brazil
Ballys resorts
Fanatics
Ghost Bed
Helix Sleep
Layla
Madewell
Merrell
NASCAR shop
NFL shop
Pure Formulas
Reebok
Samsung
Spoonflower
The Cut Buddy
Tommy Hilfiger
UGG
Zeal Optics
Home Chef
Tidal

Flamingo Las Vegas
Planet Hollywood
All car rental
ABT Electronics
Addidas
Allform
Asics
Backcountry
Bates footwear
Beretta
Glock
Beyond Clothing
Birch Living
Brooklyn bedding
Carhartt
Casper
Carid
Corkcircle
Cupshe
Cycle Gear
Fly Rides
Go Ruck
JR Cigar
Lenovo
Mattress Firm
mlb.com
New Balance
NHL shop
Purple
Roxy
Sennheiser
Stanley
The Cut Buddy
Tortuga
Wilson
Babbel
ManUpHealth
T-Mobile