

**POLICE
LIFE**

THE SINGAPORE POLICE FORCE MAGAZINE
2018 / ISSUE 03

Saluting Our Female Officers

The Passage to the Special Women Task Team
The Passion that Stems from Taking a Leap of Faith



Note from the Team

To the women in the Force, we salute you! As the world celebrates International Women's Day in March, *Police Life* would like to extend our heartfelt appreciation to all the female officers in the Singapore Police Force for their dedication and commitment towards their work. Inspiring and motivating, *Police Life* caught up with several female officers who shared how they juggled with their multiple roles in life.

In this month's instalment, we also pay tribute to the Special Women's Task Team (SWTT) that was formed in 2007. Created with the singular objective of providing response to public order incidents involving women and children, the SWTT held its 7th Selection Course from 20 to 24 November 2017. Check out how our female officers who aspire to be in this team undergo gruelling challenges in our photo spread.

Lastly, delve into the realm of a parkour enthusiast who shared his thoughts and experiences in the sport. Find out how parkour trains him to be more agile and alert in his day-to-day operations as a Ground Response Force officer.

Enjoy!

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136th Singapore – Malaysia CID Liaison Meeting

By Criminal Investigation Department
(Photo: Criminal Investigation Department)

"Knowing you can always count on me, for sure, that's what friends are for..." sang the crowd in unison during the liaison dinner held on 13 February 2018 at Glasshouse, The Legends, located at Hotel Fort Canning. As the song ended with loud cheers and applause, it was evident from the beaming faces all around that the strong camaraderie and friendship between the officers of the Royal Malaysia Police (RMP) and the Singapore Police Force (SPF) remained as steadfast as ever.

The liaison dinner was part of the 136th Singapore – Malaysia Criminal Investigation Department (CID) Liaison Meeting held in Singapore from 13 to 14 February 2018. Led by Director CID, Commissioner of Police (CP) Dato Sri Wan Ahmad Najmuddin Bin Mohd, and Chief Police Officer of Johor, CP Dato Mohd Khalil Bin Kader Mohd, the delegates from the RMP were warmly welcomed by Deputy Commissioner of Police (Investigations & Intelligence) and concurrent Director CID, Deputy Commissioner of Police Tan Chye Hee and delegates from the SPF.

This is a very special year for the CIDs of the RMP and the SPF as it marks 60 years since the institutionalisation of this regular bilateral meeting between the two forces. Also known as the Diamond Jubilee, the 60th anniversary is a major milestone that signifies the strong and enduring friendship between the two CIDs.

Since the first CID Liaison Meeting held in Kuala Lumpur on 21 October 1958, this meeting has been



a regular platform which sees both police forces coming together to discuss issues of concern, share best practices, and forge stronger ties.

For the 136th Liaison Meeting, the two forces agreed to foster closer collaboration and institutionalise new training exchange opportunities for our officers in the areas of Disaster Victim Identification and Crime Scene Investigation.

The ties between the two CIDs have grown from strength to strength over the past six decades and is an important reason for SPF's success in fighting cross-border crimes. Over the years, both forces have worked hand in hand to solve many cases. RMP has been instrumental in helping SPF apprehend many high profile criminals who had fled across the border thinking that they had escaped from the law. Some of the high profile success stories arising from this close collaboration include the arrest of the infamous "One-Eyed Dragon" Tan Chor Jin who was wanted for murder and the arrest

of "The Messiah" James Raj who hacked numerous government and private sector websites. Both individuals were successfully arrested by RMP and extradited to Singapore.

With the emergence of new crime trends and the increasingly borderless nature of crime, the close cooperation between the two forces has taken on even greater importance to enhance their respective abilities in dismantling cross-border syndicates and tackling transnational crimes.

The RMP has been and will always be the SPF's closest crime-fighting partner. We are indeed gratified to know that our RMP friends stand ready to help us in the pursuit of justice, and the SPF is likewise ready to provide our fullest support whenever required!

Happy Diamond Jubilee!

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The Passage to the **SPECIAL** Women Task Team

By Hadi Hafidz
(Photo: Special Women Task Team)

Do you know that during public order incidents, there is a unit deployed, solely made up of female officers? Meet our Special Women Task Team (SWTT)! Formed in July 2007 and conceptualised as a secondary posting for interested female officers, the blue-bereted unit offers the skillset needed for officers to handle passive resistance incidents. Additionally, the SWTT can also be deployed to safely extract women, children and the elderly assessed to be in a vulnerable situation in large scale events, should the crowd turn violent.

To be selected for the SWTT, officers had to face several grueling physical and mental challenges during the selection phase. Most recently held from 20 to 24 November 2017, officers persevered together to overcome these challenges.

When the dust finally settled, 40 undeterred officers from the initial 100 participants completed the course and were officially announced as part of the SWTT during the graduation ceremony on 24 November 2017. Here are the photos from the course!



Day 1

Officers went through the Gas Chamber training and the Police Standard Obstacle Course

Day 2

Officers learnt about Passive Resistance Techniques and went through the Stretcher Race



Day 3

Continuation of the Passive Resistance Techniques training and training was carried out on the Straight Extended Baton

Day 4

Officers went through the arduous team mission of carrying a 90-kilogram wooden log for five kilometres



Day 5

Simulation of a Public Order Scenario Assessment



Saluting Our Female Officers

By Hadi Hafidz and Md Falliq
(Photographers: Hasif Mohd Ismail and Ridhwan Ismail)

The colours of their uniforms may have changed over the years, but their tenacity and dedication remains. Since their entry into the Force in 1949, female police officers have constantly been pushing their boundaries to achieve greater heights in an otherwise male-dominated profession. In celebration of International Women's Day, let us take a moment to show our appreciation and salute the women in our Force. Tough, passionate and committed, let us hear from eight of our very own female officers who show us what it takes to be that policewoman!

THE Deputy COMMANDER

Deputy Assistant Commissioner of Police Fanny Koh is part of a growing group of female officers who hold leadership positions in the Force. Here is the story of the incumbent Deputy Commander of Protective Security Command (ProCom).



Photo: DAC Fanny Koh

What made you join the Force?

I wanted a non-deskbound job that offers me a host of experiences, giving me insights into the different facets of society. For instance, I can be speaking to a defendant in the morning and hosting dignitaries at the Istana in the evening, all in a single day! It has been a fulfilling 19 years in the Force.

What were some of the stereotypes about female police officers that you have heard?

It is not so much of stereotypes but I do hear a lot of questions about whether it is more challenging to lead in a male-dominated work environment. It did cross my mind whether I can be effective as a Deputy Commander in ProCom – a National Service-centric outfit – since I have not served National Service. Having been in the post for more than two years, I would like to believe I have contributed in various ways to strengthen ProCom's capabilities because as a female officer, I am able to see things from a different perspective.

What is your proudest moment in the Force?

It will be the day when I received the National Day Award in 2016 because it was the first time my parents attended a state-level ceremony with me. They are the cornerstone of my life, guiding me to become who I am today. I was really happy that I could acknowledge their impact on my life when they joined me at the award ceremony.

In your own words, what makes a policewoman?

Certainly not for the faint-hearted and the 'girl-next-door' type! They need to have a sense of justice, passion to serve, thirst for challenge and the willingness to go the extra-mile. A policewoman needs to be mentally, emotionally and physically resilient too.

THE Ground Response Force OFFICER

Meet Staff Sergeant Syahirah Binte Zulkepli from Central Division, a young mother to three adorable kids, who patrol the streets to keep Singapore safe and secure. Here is her story.



Photo: Staff Sergeant Syahirah

What made you join the Force?

In a time when female officers are nearly unheard of, I had one in my family who shaped my childhood dream and became my role model. My aunt was breaking boundaries by achieving everything that they say a woman could not. Thanks to her, I was eager to begin a lifelong passion – joining the Force in 2010 just two weeks after graduating from polytechnic.

What were some of the stereotypes about female police officers that you have heard?

One notable example of such stereotypes would be that our Individual Physical Proficiency Test standard is lower, suggesting that we are not as fit as the men. This is definitely a myth. I know of many female officers who are fitter than some of our male officers!

What is your proudest moment in the Force?

Each time when I am out on patrol, there are risks that are unpredictable. To me, coming home to my family safely after every shift is a moment to be proud of. It also means that I have done well in keeping our streets safe. It is the little things that make a great difference.

In your own words, what makes a policewoman?

A policewoman needs to be able to put aside her emotions and remain professional regardless of the situation. You will witness a myriad of incidents but you cannot let them affect you. A strong personality is needed to be able to deal with the emotional and physical demands of the job. At the same time, our feminine nature gives us an advantage because there are those who feel more comfortable talking to a woman. They relate to us as motherly figures, especially the troubled ones. Having that female touch can make a world of difference!

THE Special Task Squadron OFFICER

Sergeant (Sgt) Donna Koh proves that female police officers are a hardy bunch. She is part of the pioneer batch of female officers who joined the Police Coast Guard's (PCG) elite Special Task Squadron (STS). Here is her story.



What made you join the Force?

I wanted to protect my family and the country I call home.

What were some of the stereotypes about female police officers that you have heard?

I have heard my fair share of stereotypes, mostly female officers not being as capable as their male counterparts. However, that is not true! I am delighted that STS provides opportunities for female officers to be part of their team and they did not lower their standards just to accommodate us. Just like our male counterparts, we have to undergo the same selection process and strenuous training to be full-fledged STS operators.

What is your proudest moment in the Force?

My proudest moment was the day I graduated from a gruelling six-month STS course. The blood, sweat and tears shed paid off! I felt humbled by the experience and am honoured to be part of PCG's elite team.

In your own words, what makes a policewoman?

It is a tough working environment as you will face many adversities while enforcing the law. It is important for us to be mentally and physically strong to overcome such adversities. Policing work is demanding and we must work just as hard as our male colleagues. There is no such thing as 'discounts' for being a female officer.

THE Traffic POLICE OFFICER

Meet Sgt Roszlina Binte Sufaat from Traffic Police, a daughter to a single-mother, who carries out traffic enforcements to ensure the safety for all road users. Here is her story.



What made you join the Force?

I wanted a non-deskbound job where I can interact with people from all walks of life. More importantly, I wanted a respectable job that makes my mother, who raised me on her own, proud.

What were some of the stereotypes about female police officers that you have heard?

I have heard that women make terrible bosses as we are too emotional and have mood swings. But men get mood swings too! So, it is only human.

What is your proudest moment in the Force?

It was when I obtained my Class 2i license last year. Being small in stature, the two-month long course was very physically and mentally challenging for me. There were many times when I felt like giving up but with constant encouragement from my instructors, colleagues and family, I was able to accomplish something that I never thought I could - riding the big bike alongside the big boys.

In your own words, what makes a policewoman?

While female officers need to be able to carry out their duties just as well as their male counterparts, they should still be able to use their femininity advantage to enforce the law with a firm but gentle hand.

THE Police OPERATIONS Command Centre OFFICER



With her current role as Officer-in-Charge Sense-Making at the Police Operations Command Centre (POCC), Senior Station Inspector Kartini Binte Keman assists the Watch Commander to manage the POCC duty team in handling non-sensitive and major incidents. Here is her story.

What made you join the Force?

It was my childhood dream to join the SPF.

What were some of the stereotypes about female police officers that you have heard?

The common stereotype that I came across is that male officers are more capable than female officers. With more and more female officers taking up leadership roles in the Force, I believe we have proved them otherwise!

What is your proudest moment in the Force?

I recently graduated from my six-week Senior Officer Basic Course. Despite being 46 years old, I managed to complete all of the physical challenges and tasks set forth by the Training Command field instructors.

In your own words, what makes a policewoman?

With the right attitude, female officers can be as capable as their male counterparts. Empathy is also essential. While we serve justice with a firm hand, we must at the same time be able to apply empathy when the situation calls for it. Lastly, always lead by example. After being in the Force for 25 years, I have seen and learnt that leading by example is the best way to motivate and shape the attitude of our officers.

Meet Senior Staff Sergeant Ho Xiuping, a dog handler from the Police K-9 Unit who is a mother to two kids. When activated, she and her canine partner will respond to the call of duty together. Here is her story.

What made you join the Force?

I have always wanted a job that gives me an opportunity to make a difference. When I saw the SPF recruitment advertisements, I was inspired! I am proud to be part of a group of dedicated and passionate people who are committed to ensure the safety and security of our home and our people.

What were some of the stereotypes about female officers in the Force that you have heard?

In this day and age, stereotypes of female officers are no longer as rampant. I have personally seen and observed female officers who are able to juggle their policing duties and family commitments effectively and efficiently.

What is your proudest moment in the Force?

There was one incident which happened during my three-month attachment at Rochor Neighbourhood Police Centre (NPC) back in 2004. My partner and I were performing a spot-check on a suspicious female subject. While we were checking on her details, she suddenly started running. We gave chase and successfully apprehended her even though she was a really fast runner. The female subject was later found to be wanted for some drug-related offences. Throughout my six months of Police Officer Basic Course training at the Training Command, we had studied theories and gone through exercises. However, to encounter a real incident and practise what has been taught is something very different.

In your own words, what makes a policewoman?

Female officers are just as professional as their male counterparts. Apart from that, it is important to have a good work-life balance. They need to learn how to spend quality time with their family and be able to juggle policing work at the same time. They must always be able to manage the multiple roles that we have effectively.

THE Police K-9 Officer



THE Volunteer SPECIAL CONSTABULARY OFFICER

Meet Sgt Tan Yun Jia from Serangoon NPC. The full-time teacher at Eden Centre for Adults decided to join the Force and be a Volunteer Special Constabulary Officer in 2012. Here is her story.



What made you join the Force?

I decided to join the Force after watching the Korean television drama Poseidon. I was inspired by the storyline and wanted to make the society a safer place.

What were some of the stereotypes about female officers in the Force that you have heard?

One of which I heard is that female officers can always use their 'feminine charm' to get out of any situations, or to accelerate their rank progression. From what I have observed, this is obviously a myth.

What is your proudest moment in the Force?

Recently, I attended to a case where a fire broke out in a unit. The fire blocked the main door and an elderly lady was trapped inside. My team mates and I worked together with the Singapore Civil Defence Force (SCDF) to quickly evacuate the surrounding units and cordon off the area. This allowed the SCDF to effectively put out the fire and the victim escaped unscathed. She held our hands and thanked us repeatedly. Passers-by also thanked us for our effective management of the situation which helped prevent further damage and injuries. This incident motivated me to do better in policing.

In your own words, what makes a policewoman?

A policewoman is capable of exceeding expectations and achieving her greatest potential through hard work and great teamwork with her fellow colleagues.

THE Investigation OFFICER



Stories of her sister's work adventures inspired Inspector Stephanie Lim, whose birthday falls on the same day as International Women's Day, to join the Force. Here is her story.

What made you join the Force?

My older sister played a significant role in inspiring me to join the Force. When we were younger, I would tag along when she attended the Home Team events and career fairs. My sister joined the Immigrations & Checkpoints Authority years later and frequently work alongside the police. She would often share with me about her encounters at work. These exchanges motivated me to join the Force as I wanted to experience it myself.

What were some of the stereotypes about female officers in the Force that you have heard?

I believe that people have misconceptions of how female officers are delicate flowers in the Force. On the contrary, I have seen many female officers who are firm, "garang" and are respected by many as leaders. Being "delicate" could probably also mean that we have the advantage to take a softer approach when handling cases. For instance, it is easier for female officers to engage victims of crime as they tend to be more comfortable to open up to us.

What is your proudest moment in the Force?

I had an encounter with a reoffender who has been committing the same offence since 2015. After interviewing him, I realised that all he needed was for someone to listen to him; his grievances against others and feelings of resentment that he was treated unfairly. Hence, I would always meet him when he reports for bail and hear him out. He was not remorseful. However, on our last meet up, the accused told me that he was apologetic for his actions and is willing to accept the consequences. I was heartened by what he said and felt that my efforts and patience paid off.

In your own words, what makes a policewoman?

Even though female officers are at a disadvantage in terms of their physical limitations, I do not think that policing is solely dependent on that. Ultimately, if one is committed to the job, it does not really matter what your weaknesses are because you will find a way to overcome it with the right attitude.

2nd ASEAN Police Forensic Science Network Annual Meeting

By Criminal Investigation Department
(Photos: Criminal Investigation Department)



The 2nd ASEAN Police Forensic Science Network (APFSN) Annual Meeting was successfully held at the Senior Police Officers' Mess in Singapore from 29 to 31 January 2018. As the current Chair for ASEAN National Police (ASEANAPOL), the Singapore Police Force had the honour of hosting and chairing this meeting. With the theme "Enhancing Regional Cooperation in Forensics", the event provided a platform for the ASEAN police forensics community to gather, network and share ideas. The meeting was attended by representatives from the ASEAN Member Countries and the ASEANAPOL Secretariat.

Deputy Commissioner of Police (Investigations & Intelligence) and concurrent Director Criminal Investigation Department (CID) DC (I&I) Tan Chye Hee officiated the opening ceremony, and in his keynote address, he emphasised the importance of regional cooperation in building a strong ASEAN forensic response to crimes and disasters.

The delegates were engaged in rigorous roundtable discussions and visits hosted by CID over the three-day event and had the opportunity to interact with forensics experts who graced the event.

Dr Simon Walsh, National Manager Specialist Operations at the Australian Federal Police, shared his experiences from the Disaster Victim Identification (DVI) operation for the MH17 incident in Ukraine. Ms Kim Legg from the



INTERPOL presented the importance of biometric exchange across countries and the benefits of using forensic capabilities of the INTERPOL to fight cross-border crimes.

The delegates also presented their DVI and Crime Scene Investigation (CSI) capabilities and shared ideas to promote mutual exchange and capacity building within the APFSN. During the visit to the Home Team Investigation Laboratory and CID Forensics Laboratory, the delegates were shown the various forensic capabilities residing in both facilities. CID's Bomb & Explosive Investigation Division's Response Vehicle was also put on display for the delegates to see and understand CID's post-blast investigation capabilities. Apart from the formal meetings and visit, the delegates also had opportunities to network and socialise during their visits to the Gardens by the Bay and the S.E.A. Aquarium, as well as at the Gala Dinner hosted by DC (I&I) Tan Chye Hee.

At the conclusion of the meeting, the APFSN members agreed on a resolution to establish an ASEANAPOL DVI/CSI Committee, which will serve to strengthen regional capacity to respond to crimes and disasters within ASEAN, as well as leverage the E-ADS 2.0 (Electronic ASEANAPOL Database System) to share forensic-related information and materials amongst the ASEANAPOL community. The fruitful meeting was conducted harmoniously in the spirit of ASEAN.



Bedok Bravehearts

By Home Team News
(Photo: Home Team News)



When a scissors-wielding teenager caused a commotion at Bedok Mall in December 2017, it was a "safety first" mentality that inspired these courageous individuals to protect those around them. Home Team News spoke to these Bedok Bravehearts about what happened that day.

As a further precaution, staff members ushered customers to the back of the store. "Safety was my first thought – the safety of our customers and staff. I looked around to quickly ascertain the condition of everyone in the store, to visibly check that no one was hurt or in danger," said Suzanah.

"I'm alert 24 hours, even when I'm overseas. It is a Police officer's first instinct."

Help was already at hand. Off-duty Singapore Police Force (SPF) officer Station Inspector (SI) Sofian Othman, 35, was trailing the teenager not far away.

What began as an ordinary evening for four staff members of Bedok Mall's G2000 outlet on 27 December 2017 turned out very differently instead. They were assisting customers when they heard a commotion outside their store.

On vacation leave that day, SI Sofian had just bought a sandwich and a bottle of mineral water for dinner when his attention was drawn to the teenager who looked like any other casually dressed youth but who was shouting and gesturing as he made his way from store to store.

"Safety was my first thought – the safety of our customers and staff."

"I stepped out of the store to see what was happening," recounted Suzanah Binte Mohd Nor, 38, Supervisor of the G2000 outlet. "Suddenly, a young man holding a pair of scissors appeared at the entrance. He pushed the Sensormatic security detection panels, which fell to the ground with a loud bang," added the 38-year-old. "The store alarm went off. We were all shocked."

SI Sofian knew he had to act quickly on his "policeman instincts" to prevent the teenager from inflicting harm on others or himself. When the teenager was absorbed in one of his tirades, SI Sofian made his move, swiftly disarming him from the back and pinning him down with the help of four members of the public.

"It was chaotic," SI Sofian said. "I snatched the scissors away and pinned the lower part of the subject's body while the others prevented him from moving."

The teenager continued struggling and repeatedly said he had not taken his medication. Concerned for his well-being, SI Sofian tried to engage him in a conversation, asking if he was okay and the type of medical help he required. SI Sofian also attempted to search for any medication that might be on the teenager.

The teenager calmed down and SI Sofian offered him the bottled water that he had purchased earlier for his own dinner. Within minutes, the police arrived and SI Sofian handed the teenager over, briefing his fellow officers on the incident before continuing on home.

While there were previous instances where SI Sofian had intervened when he was off-duty, this was the first time he had faced such a dramatic situation off-duty. The 35-year-old credited the swift resolution of the incidents to the members of the public who rose to the occasion.

In view of the heightened security climate, he expressed how heartened he was that the public exemplified the spirit of SGSecure movement in remaining alert and prepared.

His words of advice to members of the public who wish to help in similar situations? "Always consider your personal safety first," he said. "Only step forward if you're sure of your own safety."

SI Sofian has not returned to Bedok Mall since the incident, but rest assured, he will continue being the Home Team Guardian that he is. "I'm alert 24 hours, even when I'm overseas. It is a Police officer's first instinct."

Then the scissors-wielding teenager moved to a neighbouring store. Acting quickly, Suzanah's colleague, Tedjay Naranjo, pulled down the store's shutters while Suzanah alerted the authorities about the unfolding situation. "The young man looked fierce and strong. We were fearful that he would come back to our store," shared Tedjay.



My View — I am P4

By Gabriel Chan Duen Yue
(Photo: Special Operations Command)



Faint light filters through my eyelids, arousing me from a deep slumber. Dazed, I feel a gentle pat, and then a sudden upward lift like a feather swept by a gust of wind. I slowly pry these tight lids open and peek through the gaps. I am in the arms of a human, out of the casing that harbours me. We briefly exchange stares. I could sense a looming crisis and that the situation has called for me.

No doubt, this human is my companion – every time we meet, he dons the same beret that is distinctive of a Police Tactical Unit (PTU) trooper. He straps me over his shoulders and races to a location of what may seem like an ongoing incident scene.

Words have spread that a man in his 60s has locked himself in his bedroom and is attempting to blow himself up. Ground Response Force officers detected a foul odour reminiscent of a cooking gas wafting from the room – a troubling sign that warranted for our presence. I await my deployment as officers from the Crisis Negotiation Unit attempts to talk the man out of his suicidal attempt.

The man vehemently refuses and continues his angry tirade. Negotiation is on the verge of breaking down.

We storm into the unit. The man brandishes a lighter and warns the approaching officers, “Anyone who comes a step closer, I will blow this place up!”

My companion steadies his aim, my sights are set on the man. His index finger interlocks with my trigger. A second into my commentary, a series of “Bang!” follows. The familiar sound emanated from my nozzle. I hear a huge thud. The target drops on his knees and screams in agony after streams of projectiles rained down on him. He rolls around the floor and tucks himself into a foetal position. At this point, the other PTU officers immediately move in and subdue him.

These projectiles – less-lethal, thankfully – have stopped his acts. No bloodshed.

Who am I? I am the P4, always ready to assist my fellow PTU officers to disarm dangerous suspects without lethal force.

Some parts of my frame are painted orange to visually set me apart from the lethal weapons. Despite the lack of lethality, I am still a force to be reckoned with.

Like a hawk’s eye, the scope is also an added feature on me to provide better accuracy for users.

I can fire two types of projectiles; indelible paint to mark rioters, or irritants to disorientate the rioters.

The Special Ones

Reproduction from *Police Life*
Volume 37 No. 3 (March 2011)



The SWTT replaced the Divisions’ WTT with effect from 1 Nov 2007. They form a special unit which the SPF can deploy to safely extract women and children assessed to be in a vulnerable situation in large scale events, should the crowd turn violent. From a start-up of 23 officers, it has grown to a strength of 65 now. The ladies in this special team all signed up voluntarily and hold the appointments concurrently with their main posts.

The dojo doors creaked open reluctantly as the girls gave it a jubilant push; it was finally over! “Wait till the guys in office hear about what we went through. They will never believe that we could carry 55 kilograms and walked six kilometres!” Amidst the excited chatter, one could not help but notice the triumphant smiles radiating from the girls’ faces.

Indeed, it was quite a challenge, I mused. They had survived the recent Special Women’s Task Team selection course held at the Special Operations Command (SOC) from 17 – 21 January 2011. I took a glance around the room and quietly counted the survivors. From the 26 participants from the land divisions and specialist departments who started the course, only 19 were left.

Born out of a need, in February 2007, to enhance the SOC’s operational capability in managing public order incidents, the SWTT was the brainchild of the then-Chief of Staff, Senior Assistant Commissioner Soh Wai Wah. The SWTT exists as a unique entity specifically trained to handle passive resistance incidents involving women, children and the elderly.

Thinking back, nothing could have prepared them for the gruelling selection course and the tests they were put through. Where their resolve was tried again and again in the various physically and mentally demanding physical training exercises, they learnt to ignore the pain as they willed their exhausted muscles to carry on. Where

their determination faltered, their teammates stuck by them and pushed them on. With every little smile and every word, they inched forward, survived the day and made the impossible, possible.

Just when they thought the worst was over, the trainers started their training in passive resistance techniques for handling passive situations of civil disobedience. At times, the ever fluid scenarios left them lost and confused. Almost every attempt to quell the scenarios given by the trainers ended in a disastrous entanglement of arms and legs and a tirade by the trainers. But they never gave up. I smiled and reflected; women may be smaller in stature and deemed as the weaker sex but our mental and physical resilience can be a force to be reckoned with.

As the girls walked out of the dojo, I recalled our Commanding Officer (CO), Superintendent Sherrin Chua’s closing words during the appointment ceremony. The 19 of them are now part of the SWTT family and will have to bear the responsibility for maintaining the reputation and standards set by the previous batches. Looking at the proud and happy girls around me, I am sure they will do just that and more; they will excel!

There is a yearly SWTT selection course – you get to traverse through five days of exciting terrain and if you get to be a member of the team for two years, and the perks: a great view of any public order incidents – up close and personal!

“It is very heartening for me to see the commitment and dedication of my fellow officers in every single deployment and tasking assigned to them.”
– Assistant Superintendent of Police (ASP) Eileen Kan, Investigation Development Officer, Traffic Police and Deputy CO SWTT

“The camaraderie, passion and swiftness in execution of the SWTT seniors will continue to inspire me.”
– ASP Dorcas Ng, Team Leader (TL) Rochor Neighbourhood Police Centre (NPC) and Central Police Division, TL Team 1, SWTT

“I remember the second day of the selection course, it was after the stretcher PT, and we were exhausted but all of us had smiles on our faces. That was when I realised that a team’s success was far more important than any personal achievement.”
– Inspector Zhang Yi Wen, Investigation Officer, Ang Mo Kio Police Division and TL Team 4, SWTT

“Like a symphony that cannot be played without an orchestra, the SWTT has individuals with unique talents who pride ourselves in working together harmoniously.”
– Staff Sergeant Fionie Chan, Clementi NPC Community Liaison & Preparedness Officer and SWTT officer

“I joined the team as a member in 2007 and was appointed Chief Trainer in Jan 2011. I am very proud to be a member of the only women task team in SPF.”
– Senior Staff Sergeant Nurool Ain Hussin and Full-time Police National Service Planning Officer, Public Transport Security Command, Chief Trainer, SWTT

The Passion that Stems from Taking a Leap of Faith

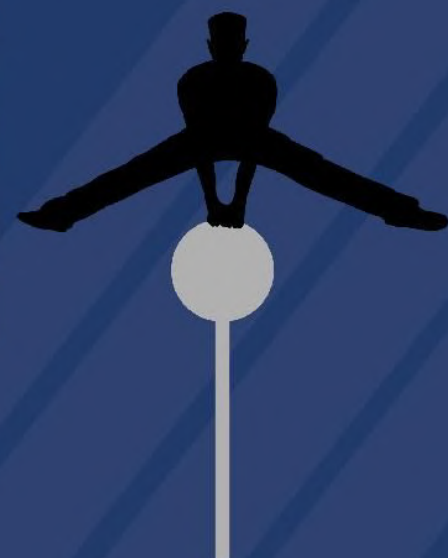
By Hadi Hafidz
(Photos: Hazzif Arif)

In this issue of our healthy lifestyle series, Police Life caught up with Special Constable Sergeant (SC/Sgt) Hazzif Arif Alexander from Bedok North Neighbourhood Police Centre, to find out more about his passion for parkour and its benefits.

Amid the urban setting that surrounds us every day, parkour athletes view these infrastructures in a very different way from many of us. To them, the infrastructures are seen as an obstacle course for training their moves. A combination of agility, balance, power, speed, coordination and reaction time, parkour requires one to flex these skills when climbing, jumping, running and rolling to get from one point to another in the fastest possible way. All these skills may sound normal to us but parkour athletes train hard to perfect the coordination of these moves to conquer various types of obstacles.

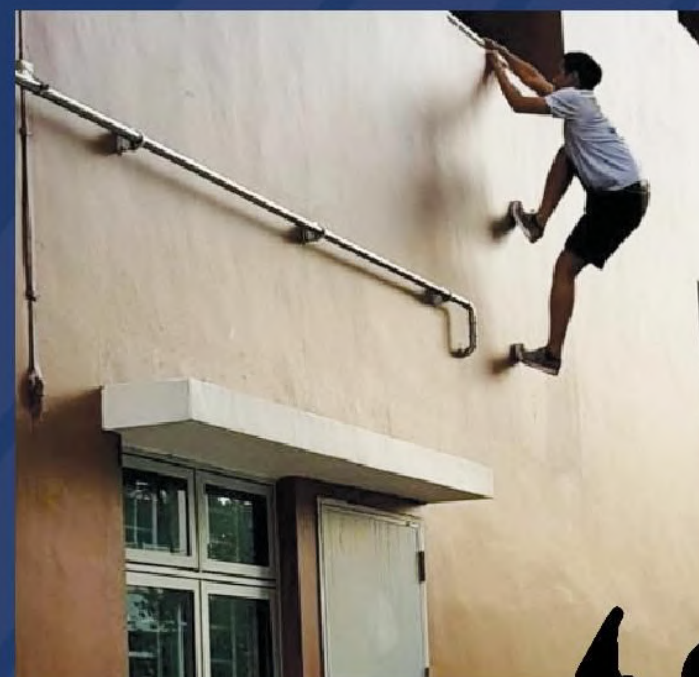
Having picked up the sport at the age of 10 after watching a series of action movies, SC/Sgt Hazzif shared his experience on how it first started.

"I was intrigued when I first saw the actors performing various physical stunts to escape from danger. When I came to know that there is such a sport that incorporates these moves, I began researching more about it. However, when I began trying out parkour for the first time, it struck me as to how physically demanding it was," SC/Sgt Hazzif recalled.



According to SC/Sgt Hazzif, executing the parkour moves gave him a rush of adrenaline and that was how it ignited his interest in the sport. After months of sheer hard practices, he began to realise the benefits of the sport. The constant need for him to do a number of lower and upper body high impact movements when scaling infrastructures helped in strengthening his core strength and stamina.

SC/Sgt Hazzif also shared that the sport has sharpened his level of alertness. As any slip could lead to injuries, SC/Sgt Hazzif has developed the ability to stay focus when performing his moves. He further shared that the benefits gained from practising parkour has helped him in his National Service stint as a Ground Response Force (GRF) officer.



"As a GRF officer, it is critical to stay alert to ensure your safety and the safety of others. Some of the cases that I attend to involved people who turn violent unexpectedly. The alertness gained from my parkour training has certainly helped me in managing such situations effectively," said SC/Sgt Hazzif.

The Blessing in Disguise

As SC/Sgt Hazzif shared earlier about the risks involved in parkour, he has also experienced his fair share of injuries which included a dislocated left wrist and fractured ankles. However, such setbacks were not strong enough to dampen his passion for the sport. These injuries as SC/Sgt Hazzif sees it, are tough learning lessons that he reflects upon to ensure that the same mistakes are not made again. Developing the ability to have constant self-reflection also helps him in his police work as he would remind himself of the various lessons learned from his policing duties.

As he spoke in anticipation of the Redbull's Art of Motion event that would take place later in the year, SC/Sgt Hazzif is glad that his perseverance in the sport paid off. Having accumulated years of training, he is finally ready to compete in the sport. Unfazed by the challenges, SC/Sgt Hazzif hopes to encourage more people to step out of their comfort zones and take on the challenge. *"Fearful thoughts may constantly hound you and prevent you from taking up the sport. However, do not allow fear to get the better of you and hinder you from pushing your mind and body to achieve more. Channel your fears into motivational energy and you will find yourself achieving what you never knew was possible,"* enthused SC/Sgt Hazzif.



One of Us

Hi, I am...

Samuel Seah Wei Cheng. I am the Project Manager of the Automotive Engineering and Management Division in the Police Logistics Department.

An interesting part of my job...

I always find it fascinating to learn about the latest technology that are incorporated in our police vehicles to augment our crime-fighting capabilities.

What keeps you going at work?

The people here. My bosses and colleagues have been my pillar of support. They help to lift my spirits even during my toughest days.

When I am not at work, I enjoy...

Windsurfing. More than just a sport, windsurfing is my life. It has inculcated in me a stronger sense of commitment, discipline and respect. Moreover, windsurfing offers me a sense of freedom and thrill as I indulge in the cooling sea breeze. I have been windsurfing for more than a decade now. Before joining the SPF, I was a full-time windsurfing coach. Windsurfing allows me to better appreciate the beauty of life. It taught me how to persevere through storms; dance even in the rain; smile at the rays of sunshine; and to be grateful for the rainbow that appears after the rain. Besides windsurfing, I also immerse myself in the active sporting culture of the SPF by participating in their weekly volleyball, dragon boat and badminton sessions.

I cannot live without...

The wind, the sea, a good night sleep, chocolates and ice cream!

I believe...

Life can be a wonderful adventure if you choose to make it so. Without adventures, life would feel like an empty shell.



Gabriel Chan Duen Yue
(Photo: Samuel Seah Wei Cheng)