

**Liam F. Frost**  
**— Denslowe Drive**  
**San Francisco, California 94132**  
**(415) ——— Home**  
**(415) ——— Cell**

**Professional Experience:**

1981 – Present      San Francisco Police Department  
San Francisco, CA  
Patrol Division Lieutenant/Watch Commander-Central Station  
OIC Marine Unit  
OIC Muni Transit Unit  
Oversee all major events at Candlestick Park  
Patrol Division Sergeant:  
OIC - District Police Station – Midnight Watch  
Event Coordinator High Profile Funerals  
Supervise officers in normal and specialized patrol activities.  
Supervise Field training Officers and Recruit Officers  
Police Officer:  
Team Leader, Tactical/SWAT Unit  
Assistant Team Leader/Operations Officer - Tactical/SWAT Unit  
Robbery, Narcotics & Auto Burglary Abatement Team  
Instructor, SFPD Tactical/SWAT  
Basic & Advanced SWAT Courses & Impact Weapons (Baton)  
Part-time instructor SFPD Academy:  
Office Safety-Field Tactics, Crowd Control & Firearms Instructor  
Under Water Recovery Unit & Rescue Swimmer  
Counter-sniper Unit  
Recruit Field Training Officer  
Patrol

**Certification**

2009      Management Certificate, POST  
2005      Supervisory Certificate, POST  
2002      Supervisory School, POST  
2000      Rescue Swimmer Certification, U.S. Coast Guard  
1999      Impact Weapons Instructor Course, Don Cameron Consulting  
Surveillance Threat Awareness MP5 Building Assault/Tactics, Singleton  
MP5 building Assault/Tactics, Singleton International  
Basic Special Weapons and Tactics Certification, SFPD  
1992      Occupant Protection Usage & Enforcement Officer, NHTSA  
11550 H&S Drug Influence, POST  
1989      Dive Rescue Specialist 1, IADRS  
Traffic Accident Investigation, POST  
Field Training Officer Certification, SFPD  
Advanced Certificate, POST

1984 Intermediate Certificate, POST  
1981 Basic Certificate, POST

**Awards:**

4 Police Commission Commendations (SFPD)  
100+ Captain's Complimentary Commendations  
25+ Citizens Letters of Commendation  
"My Favorite Cop"/Police Officer of the Month Award  
Haight/Ashbury Community Service award  
2003 SFPD Chief's Unit Citation-Exceptional Performance (Anti War Demo's)  
Chief's Commendation for exemplary Performance (F.R.E.T.)  
1995 San Francisco Board of Supervisors Commendation - Dedication to Duty  
1995 SFPD Chief's Unit Citation-Exceptional Performance (SWAT)  
SFPD Chief's Unit Citation-Exceptional Performance (101 California St.)  
1989 SFPD Chief's Citation-Exemplary Performance (Earthquake)

**Accomplishments:**

2009 Successfully completed POST Management Course  
2008 Promoted to the Rank of Lieutenant – Selected to work in Homeland Security Unit, Officer in Charge of the Marine Unit and Transit Unit  
2006 Successfully completed Lieutenants Examination - #20  
2002 Responsible for Training of the Department – Violence in the Workplace/Schools  
2001 Executive Officer in charge of police officers assigned to work security for the 49ers professional football team for NFL games.  
2001 Promoted to the Rank of Sergeant  
2001 Appointed Field Training Supervisor for New Recruits in the Department  
2001 Selected as Supervisor on the Counter-Sniper Team  
  
2000 Supervised SFPD Tactical/SWAT teams during critical incidents and crowd control sits.  
2000 to 2008 Emergency Vehicle Operations Course Instructor at Police Academy  
1999 to 2003 Report Writing Instructor at Police Academy to new recruits.  
1999 Responsible for Training of the Department – Crowd Control / Millenium Assistant Team Leader/Operations Officer SFPD S.W.A.T. Team #2  
1998 Developed the Firearms Qualification Course for the SFPD S.W.A.T. Team  
Completed Inspectors Preparation Program

1995 Completed Law Enforcement Supervisory Skills Program  
Assistant Team Leader/Operations Officer SFPD S.W.A.T. Team #2  
1993 Responsible for training of the Department - High-Rise Incidents  
1993-2005 Instructor for Officers Safety and Special Weapons and Tactics courses for  
the SFPD Academy and SFPD S.W.A.T. teams.  
Member of the Counter-Sniper Team  
Member of the Underwater Recovery Unit  
Selected as a Field Training Officer  
1984 Youth Wilderness Program – Counselor/Guide, SFPD

**Affiliations:**

1993-2005 Part-time Instructor, SFPD Academy:  
Officer Safety/Field Tactics  
Crowd Control  
Firearms  
2007-2008 Board Member of the San Francisco Police Officers Association  
2009-2013 Treasurer of the San Francisco Bay Area Law Enforcement Emerald  
Society  
2013 Current President of the San Francisco Bay Area Law Enforcement Emerald Society  
2013- Current Volunteer Driver at San Francisco Veteran's Hospital  
2013-Current Board Member San Francisco United Irish Societies