



Public Safety Training

South Carolina Municipal Insurance Trust and South Carolina Municipal Insurance and Risk Financing Fund

May 15, 2025

Cooperative Conference Center
169 Laurelhurst Ave.,
Columbia, SC

Meeting Information

This meeting will feature topics that are applicable to both law enforcement and fire service. The morning session will begin with a presentation by attorney and retired chief of police Mike Ranalli on preventing injuries during foot pursuits and the apprehension of suspects. The remaining morning session will be presented by attorney Andrew Lindemann, who will discuss the pitfalls and liability surrounding law enforcement moonlighting.

In the afternoon, Aaron Zamzow of Fire Rescue Fitness will present on improving resilience and performance with exercise, minding nutrition and sleep, which can be remembered with the acronym E.M.S. The presentation will focus on the physical and mental preparation needed to perform better on and off the fire ground. Attendees will learn the six essential components necessary for firefighters to incorporate into their training, ensuring positive outcomes in high-stress situations. The seminar will provide examples of how to integrate these components into drills, workouts and daily routines. The remaining afternoon session will provide an Occupational Safety and Health Administration fire service regulation update presented by State Fire Marshal Jonathan Jones.

The SC Municipal Insurance Trust and SC Municipal Insurance and Risk Financing Fund strongly encourage command staff, training officers, police officers, other law enforcement staff, fire chiefs, fire personnel and first responders to attend. Attendance at this session counts toward risk self-assessment compliance and as an elective course for participants in the Risk Management Institute. Law enforcement attendees can receive 3.00 hours of continuing education credit from the South Carolina Criminal Justice Academy.

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Agenda

8:00 – 8:55 a.m.	Registration
8:55 – 9:00 a.m.	Welcome and Introductions
9:00 – 11:00 a.m.	Preventing Injuries During Foot Pursuits and Apprehension of Suspects
11:00 – 11:15 a.m.	Break
11:15 – 12:15 p.m.	Law Enforcement Moonlighting
12:15 – 1:00 p.m.	Lunch
1:00 – 2:30 p.m.	Improving Resilience and Performance with Exercise, Minding Nutrition and Sleep (E.M.S.)
2:30 – 2:45 p.m.	Break
2:45 – 3:45 p.m.	OSHA Fire Service Regulation Update
3:45 – 4:00 p.m.	Questions/Adjourn

Speakers

Michael Ranalli, Chief of Police (Ret.) Market Development Manager, Lexipol

Mike Ranalli, is a market development manager for Lexipol. Ranalli retired in 2016 after 10 years as chief of the Glenville, N.Y., Police Department. Ranalli began his career in 1984 with the Colonie, N.Y., Police Department and held the ranks of patrol officer, sergeant, detective sergeant and lieutenant. Ranalli is also an attorney and is a frequent presenter on various legal issues including search and seizure, use of force, legal aspects of interrogations and confessions, wrongful convictions, and civil liability. Ranalli is a consultant and instructor on police legal issues to the New York State Division of Criminal Justice Services, and has taught officers around New York State for the last 15 years in that capacity. Ranalli is also a past president of the New York State Association of Chiefs of Police, a former member of the International Association of Chiefs of Police Professional Standards, Image & Ethics Committee, and the former chairman of the New York State Police Law Enforcement Accreditation Council. Ranalli is a graduate of the 2009 Federal Bureau of Investigation Mid-Atlantic Law Enforcement Executive Development Seminar and is a Certified Force Science Analyst.

Andrew Lindemann, Attorney, Lindemann Law Firm, P.A.

Andrew has practiced law in Columbia, South Carolina since 1989. Lindemann began as an association and then was a partner with Nauful & Ellis, P.A, which later became Ellis, Lawhorne, Davidson & Sims, P.A. In 1998, he was a founding partner of the law firm of Davidson & Lindemann, P.A. In 2018, he left that firm and formed Lindemann & Davis, P.A., with Jim Davis. Upon Jim's retirement in 2022, he formed the Lindemann Law Firm, P.A.

Lindemann has a wide-ranging civil defense litigation and appellate practice. One of his primary areas of practice is governmental liability defense where he represents state governmental agencies, counties, municipalities and school districts as well as their officials and employees in both Section 1983 and South Carolina Tort Claims Act litigation.

Lindemann has more than 28 years of experience handling appeals in a variety of state and federal appellate courts. He routinely submits briefs and appears at oral argument before the South Carolina Supreme Court, the South Carolina Court of Appeals and the Fourth Circuit Court of Appeals.



Lindemann is licensed to practice law in South Carolina and North Carolina. He is also a member of the bar for the United States Supreme Court, the Fourth Circuit Court of Appeals, and the Third Circuit Court of Appeals. He was recognized by Best Lawyers and has also been named a Super Lawyer for several years in the categories of Appellate Practice and General Litigation.

Lindemann attended the University of Virginia and graduated in 1985 with a Bachelor of Arts in History. He received his Juris Doctorate in 1989 from the University of South Carolina School of Law.

Aaron Zamzow, Owner, Fire Rescue Fitness

Aaron Zamzow has over 20 years of firefighting experience as a firefighter in Golden Valley, Minn., and is currently a career Lieutenant/EMT and Training Officer in Madison, Wis. He is the owner of Fire Rescue Fitness, a company that creates workout programs and fitness resources that focus on getting Fire Rescue Athletes — or firefighters, EMTs and medics “fit for duty.” Zamzow holds a Bachelor of Science in health and wellness, is a National Strength and Conditioning Association-Certified Strength and Conditioning Specialist, a National Academy of Sports Medicine-Certified Personal Trainer, a Precision Nutrition Practitioner and an American Council on Exercise Peer Fitness Trainer.

Zamzow has also worked in the fitness industry for over 30 years and has experience working with the general population as well as athletes from the National Basketball Association, National Football League and National Hockey League. He is the author of numerous fitness programs catered toward Fire Rescue Athletes. He has recently been published in and writes for *Firehouse*, *Fire Rescue Magazine*, *Lexipol*, *FRI*, *International Fire Fighter* and numerous other first responder publications.

Jonathan Jones, State Fire Marshal, SC State Fire

Jonathan C. Jones is a 30-year veteran of fire and emergency services. Gov. Henry McMaster appointed him as South Carolina state fire marshal in 2017. Prior to his appointment, he was the deputy chief of operations for the Clarendon County Fire Department, where he began his fire service career at 17, initially serving as a volunteer firefighter. Jones has a bachelor’s degree in business administration from the University of South Carolina. During his career, he has been recognized with multiple honors and medals, including the Medal of Valor and Meritorious Action Award. Jones is a graduate of the inaugural class of National Fire Protection Association’s Responder Forum, a graduate of the South Carolina Executive Institute, and is in the SC Firefighters’ Hall of Fame.



Registration Information

There is no cost to attend, but registration is required. Seating is available on a first-come, first-served basis. Register online by May 8 at www.masc.sc.

The session room may be cool, so you may want to bring a sweater or jacket.

For special-needs requests, contact Amy Gillian at 803.354.4774 or losscontrol@masc.sc by May 8, and staff will accommodate if possible.

General Information

The SC Municipal Insurance Trust and the SC Municipal Insurance and Risk Financing Fund offer training sessions on a variety of risk management and safety and health topics. The programs also provide members a forum for sharing ideas and staying current on state and federal laws.

Upcoming Meeting

- Risk Management Conference – August 25 – 27, 2025
- Defensive Driving Training – September 23, 2025
- Risk Management Services Annual Members Meeting – November 5, 2025

Meeting Location

Cooperative Conference Center
169 Laurelhurst Ave.
Columbia, SC 29210

Contact Information

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