



Rebecca (Becky) Swan M.R.Sc., CAT(C), CSCS, TSAC-F

Vancouver Police Dept: Physical Health & Performance Management Specialist

Biography

Rebecca Swan is an Athletic Therapist and Strength and Conditioning Specialist with the Vancouver Police Department where she currently leads the Physical Health & Performance Team. The team provides on-site rehabilitation, injury prevention, physical conditioning/testing and various wellness initiatives.

Rebecca started her career working with the Canadian Woman's National Soccer Programs (Senior and U-20 Teams); however, not long after joining the VPD in 2010 as a Fitness Coordinator, she recognized that officers could benefit from having access to similar resources as athletes and became determined to improve resources for police officers.

In 2018 she completed her Master of Rehabilitation Science degree at the University of British Columbia, where she created various police officer wellness initiatives and conducted a study which explored stakeholder perspectives on how to effectively implement workplace-based physical rehabilitation programs in police departments.

In 2019 her team joined the Peer Support and Critical Incident Stress Management teams to become the Employee Wellness Unit and in 2021, Becky completed Trauma Resiliency Training to assist in educating VPD members on trauma and how to support each other through traumatic exposures. This led her to expanding her knowledge on trauma, trauma-informed care and how the weight room can be utilized to further support individuals who are managing the impact of traumatic exposures.

Externally she supports the growth and development of police officer wellness by speaking at various conferences internationally. Her goal is to spread awareness on officer wellness and to connect wellness professionals, officers and police agencies to support future growth and collaboration.

Topic: Trauma-Informed Weightlifting

Tactical professionals are often exposed to traumatic events on a regular basis as a part of their profession. For years, yoga has been recognized as a impactful approach to supporting the nervous system and there is a growing support on using strength and conditioning as a means to support someone through trauma. Rebecca will be discussing what a trauma informed approach in the weight room looks like, how exercise can be used to help an individual regulate their nervous system and then expand their window of tolerance for stress.