



Gardner Police Department Women's Self-Defense Workshop



Workshop Overview

The primary objective of the Women's Self-Defense Workshop is to educate and inform our female participants about how to avoid becoming a victim of crime and to provide hands-on self-defense training. The class will be limited to 18 participants. Participants will learn simple body mechanics, human vulnerability points, improvised weapons and how to use physical aggression to defend themselves in the event of an attack.

The workshop will be taught by the police department's certified defensive tactics instructors. The hands-on portion of the workshop will be conducted on gym mats, with strike bags, strike dummies and a strike suit being utilized for the training. It is recommended that participants wear comfortable "gym" attire and bring a towel and light snack to the workshop. At the completion of the course, participants will be given a certificate of completion and encouraged to participate in other functions hosted by the Gardner Police Department.



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Participant Application

Return Completed applications to: Gardner Police Department
Attention: P.O. Erica Drinkard
440 E. Main St., Gardner, KS 66030

Or email a copy to: edrinkard@gardnerkansas.gov

APPLICANTS MUST BE AT LEAST 17 YEARS OLD AND BE A GARDNER RESIDENT.

Applicant _____
Last Name First Name M.I. DOB

Address _____

Driver's License # _____

Daytime Phone _____ Evening Phone _____

Cell Phone _____ Email _____

Emergency Contact Information

Name _____ Phone _____

Photographs: Staff may take photos/video for publicity or departmental purposes.

If you **do not** want pictures of you used for publicity purposes, initial here _____

**City of Gardner Police Department Women's Self-Defense Workshop
Consent, Waiver and Release**

I, _____, do hereby consent to my voluntary participation in the City of Gardner Women's Self-Defense Workshop ("Self-Defense Workshop"). I fully understand that participation in the Self-Defense Workshop may involve physical activities that may be difficult or strenuous, and includes the participants' involvement in simulated, hands-on physical attack scenarios and self-defense strikes and maneuvers, which is an inherently dangerous activity.

For the consideration of being permitted to participate in the Self-Defense Workshop and for other valuable consideration, I, my agents, heirs, assigns, executors, personal representatives and/or administrators do hereby absolutely and unequivocally agree to forever release and save harmless the City of Gardner, the Gardner Police Department, the Chief of the Gardner Police Department and all their employees, officers, agents, representatives, board members, volunteers, heirs or assigns and any and all individuals and organizations assisting or participating in the Self-Defense Workshop (the "Releasees"), from any and all claims, rights of action, causes of action, demands, damages, suits or liabilities, of any kind or nature whatsoever, that may have resulted or may in the future develop from or arise out of, directly or indirectly, any personal injuries or property damage resulting from or connected with my participation in the Self-Defense Workshop.

I further promise to indemnify, defend and hold harmless the Releasees for any and all loss, legal claims or proceedings of any kind that may have been asserted, or may be asserted in the future, arising from personal injuries or property damage resulting from, directly or indirectly, my participation in the Self-Defense Workshop.

I am aware that photos may be taken of myself during the Workshop. I am also aware that these photos are the sole property of the City of Gardner Police Department. I hereby give the City of Gardner Police Department the rights to use these photographs in future recruitment publications as well as press releases.

By signing this form, I affirm that I have decided to participate in the Self-Defense Workshop with full knowledge that the Releasees will not be liable to anyone for personal injuries and/or property damage I may suffer through my voluntary participation in the Self-Defense Workshop program. I have reviewed the above Waiver and Release and fully understand the terms and conditions contained herein, including the risks associated with my participation. I understand that my participation in this workshop is voluntary and that I am free to choose not to participate in any portion of the workshop.

Participant's Name: _____
Printed Signature Date