



APEX POLICE DEPARTMENT WOMEN'S SELF DEFENSE PROGRAM APPLICATION



The Women's Self Defense Program is dedicated to empowering women with knowledge to reduce the likelihood of becoming a victim of a crime. The program provides effective techniques to protect oneself and teaches women how to take an active role in their own self-defense and psychological well-being.

The Women's Self Defense Program is a comprehensive course that begins with classroom instruction in situational awareness, risk reduction, crime prevention strategies, and defensive concepts followed by hands-on training in physical defense techniques. The class instruction, discussions, and demonstrations are designed to provide knowledge and skills allowing students to potentially decrease their vulnerability and provide a sense of confidence and empowerment. The class activities will help students identify safety risks, evaluate their strengths and weaknesses; while exploring their options for handling threats of violence. The self-defense techniques are easily learned, applied, and retained for all ages and skill levels. During the class, students will have the opportunity to test their new self-defense skills in a simulated and controlled environment. The courses are taught by certified instructors; however, the program is not a martial arts program.

Applicants for the Women's Self-Defense Class must be at least 18 years of age and live or work in the Town of Apex. Applicants must complete a waiver allowing the police department to review their criminal history; anyone convicted of a violence-related crime or a history of violence related behavior will be reviewed on a case by case basis for approval.

The class is free of charge but students are selected through an application process. The names of the selected candidates are placed in the class until the maximum number is reached. The remaining applicants will be placed on a waiting list for the next class. Enrollment is limited to approximately twenty students per session.

For 2025, the Police Department will host our women's self-defense class on the following dates:

- February 27th and 28th from 6:00 pm to 9:00 pm
- May 8th and 9th from 6:00 pm to 9:00 pm
- August 7th and 8th from 6:00 pm to 9:00 pm
- November 4th and 5th from 6:00 pm to 9:00 pm

For more information or to register for one of these sessions, please contact Captain Christy Wentzell at christy.wentzell@apexnc.org or by phone at 919-291-5140.



**APEX POLICE DEPARTMENT
WOMEN'S SELF DEFENSE PROGRAM
APPLICATION**



General Information

Name: _____
(Last) (First) (Middle)

Home Address: _____

Occupation: _____ Employer: _____

Business Address: _____

Cellular Telephone: _____ Work Telephone: _____

Email Address: _____

Emergency Information

Name: _____ Relationship: _____

Address: _____

Cellular Telephone: _____ Work Telephone: _____

Media Notice

Periodically the Town of Apex, the Apex Police Department, or their designee may take photographs, video recordings, and audio recordings during the Women's Self Defense Program. Pictures and recordings may be used for various purposes including, but not limited to, social media posts, on websites, in print advertising, and in digital advertising.

Media Notice Acknowledgement

Signature: _____



**APEX POLICE DEPARTMENT
 JUNIOR WOMEN’S SELF DEFENSE PROGRAM
 Release from Liability & Indemnity Agreement
 (18 years of age & older)**



I, _____, in consideration of my being allowed to participate in the Apex Police Department’s Women’s Self Defense Program (“Program”), do hereby assume all the risks and hazards incidental to, or associated with, the Program and agree and acknowledge as follows:

1. That I release, hold harmless, absolve, and indemnify the Town of Apex, North Carolina and its employees, elected officials, and agents from all liability to myself, or my heirs, administrators, executors, and assigns as a result of any damage to my property, injury to myself, or loss of life sustained as a result of my participation in the Apex Police Department’s Women’s Self Defense Program.
2. That I acknowledge the risks and hazards associated with the Program and in the event of injury or damages, do expressly release, waive, and give up all claims against the Town of Apex, its employees, elected officials, and volunteers. Claims forever released include, without limitation, liability for direct, indirect, vicarious, consequential and incidental damages, personal injury, death, economic loss, property damage, and other damage of every kind wherever or however it may occur out of or related to participation in the Program. I understand that no liability insurance coverage is provided by the Town of Apex for my participation in the Program.
3. I certify that the Apex Police Department’s Women’s Self Defense Program has been explained to me and I recognize the inherent risks associated with participation in the Program; and that I am mentally and physically capable of performing the requirements of the Apex Police Department’s Women’s Self Defense Program; and that I do not have any physical or mental impairment or limitations that would in any way create any danger to my health or well-being.
4. That I understand if I do not meet the minimum requirements for passing the Apex Police Department’s Women’s Self Defense Program, I will be removed from the Apex Police Department’s Self Defense Program.

I acknowledge and represent that I have reviewed this Release from Liability and Indemnity Agreement, that I fully understand the contents, significance, and legal consequences of said Agreement, and that I freely and voluntarily agree to all the terms and willingly assume all risks associated with my participation in the Program.

_____ signed on the ____ day of _____, 20____
 Applicant’s Signature

 (Print Name)

 Instructor/Witness Signature

