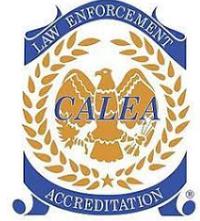




APEX POLICE DEPARTMENT JUNIOR WOMEN'S SELF DEFENSE PROGRAM APPLICATION



Our Junior Women's Self Defense Program is perfect for any young woman in high school, college, or living out on their own. This class is dedicated to empowering young women with knowledge to protect themselves at home, school, and online. The program provides effective techniques to protect oneself and teaches young women how to take an active role in personal defense and psychological well-being.

The program covers topics such as personal security, situational awareness, identifying threats, ploys used by predators, self-defense techniques, as well as dating, campus, and internet safety. Participants will also have the opportunity to practice self-defense techniques including, but not limited to: strikes, blocks, and pressure points against an "attacker" in a simulated, controlled environment. The only males allowed in this course will be the instructors.

Applicants for the Junior Women's Self Defense Class must be between the ages of 14 and 19 years of age and reside within the Town of Apex. If the participant is under the age of 18, consent must be granted by parent and/or legal guardian.

The class is free of charge and will last approximately seven (7) hours; including a one-hour lunch break. Participants are selected through an application process and will be added to the class on a first-come, first-serve basis until the maximum number is reached. The remaining applicants will be placed on a waiting list for the next class. Enrollment is limited to thirty (30) participants per session.

A pizza lunch will be provided free of charge to all participants on the day of the class.

For 2024, the Police Department will host our junior women's self-defense class on the following date:

- Saturday June 7th from 9:00 am – 3:00 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 JUNIOR WOMEN'S SELF DEFENSE PROGRAM APPLICATION



General Information

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

Home Address: _____

High School: _____ College: _____

Cellular Telephone: _____ Work Telephone: _____

Email Address: _____

Parent / Guardian Information

Name: _____ Relationship: _____

Address: _____

Cellular Telephone: _____ Work Telephone: _____

Email Address: _____

Media Notice

Periodically the Town of Apex, the Apex Police Department, or their designee may take photographs, video recordings, and audio recordings during the Junior 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 and Consent

Signature: _____ Parent/Guardian Signature: _____
(if under 18 years of age)



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 Junior 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



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



I, _____, parent or guardian for _____ (“child”), do hereby give permission for my child to participate in the Apex Police Department’s Junior Women’s Self Defense Program (“Program”), and 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 my child, myself, or my heirs, administrators, executors, and assigns as a result of any damage to my property, injury to my child, or loss of life sustained as a result of my child’s 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 my child’s participation in the Program. I understand that no liability insurance coverage is provided by the Town of Apex for my child’s 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 my child’s participation in the Program; and that my child is mentally and physically capable of performing the requirements of the Apex Police Department’s Women’s Self Defense Program; and that my child does not have any physical or mental impairment or limitations that would in any way create any danger to my child’s health or well-being.
4. That I understand if my child does not meet the minimum requirements for passing the Apex Police Department’s Women’s Self Defense Program, my child 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 child’s participation in the Program.

_____ signed on the _____ day of _____, 20____

Parent/Guardian Signature

(Print Name)

Instructor/Witness Signature