



Application/ Registration Form Women's Self Defense Class

You must email or bring this form to the Glen Ridge Police Department by May 1st, 2018. This class fill up quickly. If you have any questions, please call Captain Sean Quinn at (973)-748-5400, ext. 113 or email spquinn@glenridgenj.org.

Name: _____ Date of Birth: _____

Address: _____

Phone #: _____

Email Address: _____

DATE: May 15th, 2018

LOCATION: Glen Ridge High School – Cafeteria, 200 Ridgewood Avenue, Glen Ridge, N.J. 07028

TIME: 6:00 pm - 10:00 pm

Do you have any physical limitations that may limit your participation (circle)? **Yes** / **No**

If "yes" please explain: _____

Emergency Contact Information:

Name: _____

Address: _____

Relationship: _____

Phone# _____

Participant Signature: _____ Date: _____



PUBLIC SAFETY
TRAINING INSTITUTE, LLC

PSTI WAIVER ACKNOWLEDGEMENT FORM

I, _____, am of legal consenting age who desires to participate in the STARR program. In consideration of the privileges of participation therein, I hereby assume all the risks attendant to the activities of STARR and release PUBLIC SAFETY TRAINING INSTITUTE, GLEN RIDGE POLICE DEPARTMENT, BOROUGH of GLEN RIDGE, GLEN RIDGE BOARD OF EDUCATION and all its officers, employees, agents, volunteers, and sponsors in both their public and private capacities, from any and all liability, claims, suits, demands or causes of action of whatsoever nature which may arise in any way from the participation of the listed program.

I understand that participation in the program may involve certain dangers and risks, which include the possibility of serious bodily injury and/or death.

THE UNDERSIGNED DOES HEREBY ACKNOWLEDGE THAT SHE UNDERSTANDS AND ACCEPTS THE POTENTIAL DANGERS TO PERSONS AND PROPERTY WHICH CAN OCCUR DURING SAID PROGRAM, AND VOLUNTARILY ASSUMES ALL RELATED RISKS. UNDERSIGNED ALSO RELEASES, DISCHARGES AND AGREES TO INDEMNIFY PUBLIC SAFETY TRAINING INSTITUTE, GLEN RIDGE POLICE DEPARTMENT, BOROUGH of GLEN RIDGE, GLEN RIDGE BOARD OF EDUCATION, AND ALL OFFICERS, EMPLOYEES, AGENTS, VOLUNTEERS, AND SPONSORS AGAINST ANY CLAIMS BY OR ON BEHALF OF THE ABOVE LISTED APPLICANT AS A RESULT OF ANY INJURY, INCLUDING INJURIES RESULTING FROM THE NEGLIGENCE OF PUBLIC SAFETY TRAINING INSTITUTE, GLEN RIDGE POLICE DEPARTMENT, BOROUGH of GLEN RIDGE, GLEN RIDGE BOARD OF EDUCATION, AND/OR ALL OFFICERS, EMPLOYEES, VOLUNTEERS, OR SPONSORS OR ANY OTHER CAUSE THROUGH PARTICIPATION IN THE PROGRAM.

I certify that I have no physical or medical conditions that would preclude me from participating in STARR activities.

I grant my permission for PUBLIC SAFETY TRAINING, GLEN RIDGE POLICE and BOROUGH of GLEN RIDGE to use my photo for any printed or electronic communications, marketing, and advertising materials produced by PUBLIC SAFETY TRAINING INSTITUTE or GLEN RIDGE POLICE DEPARTMENT and BOROUGH of GLEN RIDGE. I understand that additional waivers/release of liabilities may be required by sponsors of events, owners of athletic facilities or other entities that may be involved in the activities of the STARR program. This waiver may serve as an additional waiver/release of liability and a copy may be given to sponsors of events, owners of athletic facilities or other entities that are involved in activities of the STARR program.

Applicant's Signature: _____

Applicant's Printed Name: _____ Date of Birth: _____

SELF-DEFENSE COURSE FOR WOMEN



PUBLIC SAFETY
TRAINING INSTITUTE, LLC

WHEN:
May 15, 2018
6pm - 10pm

ATTIRE:
COMFORTABLE
CLOTHES

WHERE:
GLEN RIDGE HIGH SCHOOL CAFETERIA
200 RIDGEWOOD AVENUE
GLEN RIDGE, NJ 07028

SEATS ARE LIMITED AND PRE-REGISTRATION IS REQUIRED

CONTACT: CAPTAIN SEAN QUINN
GLEN RIDGE POLICE DEPARTMENT
SPQUINN@GLENRIDGENJ.ORG
973-748-5400 EXT. 113

THIS IS A FREE COURSE

S.T.A.R.R.

**(SELF DEFENSE
TACTICAL AWARENESS
& RISK RECOGNITION)**

The S.T.A.R.R. program provides a tactical approach to self-defense education, supporting the necessity of continuous learning in order to provide realistic options for each person as they go through life. The course includes lecture, discussion and practical self-defense techniques suitable for all adults.

Participants will have the opportunity to:

- raise their awareness of aggressive behaviors,
- recognize how aggressive behavior impacts their lives,
- learn steps to avoid aggressive behavior,
- consider how they can be part of reducing aggression and violence,
- And practice hands-on self-defense skills to resist and escape aggressive behavior directed toward them.

This program is designed to empower participants to make safer choices when confronted with aggressive behavior.

No previous experience or background in physical skills training required.