



Arizona Peace Officer Standards & Training Board

DEFENSIVE TACTICS/ IMPACT WEAPONS INSTRUCTOR WAIVER FORM

The training you will undergo at this Arizona POST Calendar School will involve strenuous and rigorous physical activities of a moderate degree of difficulty.

The activities will include, but are not limited to:

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|--------------------------------------|-------------------------------|
| 1. Break Falls | 9. Take Downs |
| 2. Bending | 10. Disarming Techniques |
| 3. Wrestling | 11. Speed Cuffing |
| 4. Lifting | 12. Control Techniques |
| 5. Parrying | 13. Impact Weapons Techniques |
| 6. Pressure Points | 14. Red Man Drills |
| 7. Personal Weapons | 15. Exposure To O.C. Spray |
| 8. Defensive and Recovery Techniques | 16. Carotid Techniques |

There have been few, if any, complications for those participating in this calendar program who are in good physical condition. There have been incidents of students in poor physical condition not being able to participate or complete the required training. Therefore, it is strongly recommended that the student be substantially physically fit to successfully complete the program.

I have read the physical requirements of this Arizona POST Calendar program and understand that strenuous activity will be required. I am substantially physically fit and have no limitations that prevent me from participating in this course.

I, _____, do hereby release the Arizona Peace Officer Standards & Training Board, its staff, and any institution, its staff and authorized representatives from liability for any injury which may result from my participation in this course of training.

Applicant's Signature:

Date:

Agency Head/Training Officer's Signature:

Date:

***BOTH Signatures are required for acceptance.**