

Central Shenandoah Criminal Justice Training Academy

DEFENSIVE TACTICS

SAFETY RULES

1. Wear loose fitting clothing and any protective gear you feel necessary (i.e. knee braces, etc.)
2. Only physical fitness attire reflecting a professional appearance shall be worn during gymnasium activity.
3. Each participant shall notify an instructor, prior to beginning physical activity, of any pre-existing medical conditions, which may affect completion of this training.
4. Participants shall follow the instructor(s) directions completely. If the student is in doubt about proper technique, he/she is responsible for requesting assistance from the instructor.
5. No techniques will be performed unless instructed to do so. All techniques will be performed slowly at first until the participant has demonstrated thorough knowledge of the proper application of each technique.
6. In order to reduce the likelihood of injury, the partner of the individual applying the technique shall only offer **passive resistance**, unless otherwise directed by the instructor.
7. Once a pain compliance technique has been applied, and pain is felt, the individual on which the technique is applied will, as an indication to the person applying the technique that the pain threshold has been reached, either vigorously tap his/her leg (standing position) or the floor (prone position). The person applying the technique will then immediately decrease pressure.
8. Any injury sustained during this training shall be **immediately** reported to the instructor.
9. Horseplay of any kind will not be tolerated during defensive tactics training. Violation of the horseplay rule will result in immediate dismissal from the training session.

I have read and understand the above safety rules and regulations:

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(Signature) (Date)

ADM 146 Revised 12/2/15