



Free  
**Women's Self  
Defense Class**



**Saturday, March 6th  
from 10:a.m. to 12p.m.  
Fitness for Everybody Gym  
109 Hughes Street, FWB**

**Master Joe Cayer teaches you:**

- How to reduce your risk of becoming a victim
- Learn awareness and streetwise tactical maneuvers
- Topics cover prevention & personal protection

**Dress comfortably.**

**Loose clothing and sneakers preferred**

**Ages 12 and up**

**No maximum age; great for older adults**

**And teens**

**Everyone must  
sign a waiver  
at the door to  
participate**

For additional information contact:

Ashley Bailey  
Okaloosa County Sheriff's Office  
850-651-7153  
abailey@sheriff-okaloosa.org

Cpl. Traci Randolph  
Fort Walton Beach  
Police Department  
(850) 699-7807 or (850) 833-9558

# **CIVILIAN SELF-DEFENSE CLASS WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT**

Please complete the following form, sign and bring to the class:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I understand the Civilian Self Defense Class has been designed to provide me with the safest and most effective way to survive and escape a physical assault. However, I understand that the instructors cannot guarantee my safety through the use, or misuse, of the techniques taught in the class. I understand that all reasonable precautions are taken during class to provide a safe environment, but due to the very nature of contact inherent in practicing self-defense techniques, a possibility of injury exists. I further understand that this Waiver of Liability and Hold Harmless Agreement will be construed in accordance with Florida law.

I indemnify and hold the Sheriff of Okaloosa County, his officers, employees and representatives free and harmless from any and all claims, liability, loss, damage, or expenses, including any medical costs arising out of my participation in any training sessions or demonstrations put on during the Civilian Self Defense Class.

I further indemnify and hold Sheriff of Okaloosa County, his officers, employees and representatives free and harmless from any and all claims, liability, loss, damage, or expenses arising out of my possession, use, or misuse of any information, methods or products provided to me during the Civilian Self Defense Class. This includes any special, indirect, incidental or consequential damages or injury of any kind, including but not limited to life, limb, personal or business income, physical damages, or any other losses whether or not foreseeable.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_