



Stranger Awareness and Avoidance



**As
Seen
on
Dr. Phil,
The
Doctors
TV**

**Fun! Age-Appropriate, Empowering
Self-Protection Training:**

Date: Friday, August 19, 2022

Times: 10:00-12:00pm Grades 1-5th

12:30-2:30pm. Grades 6th-12th

**Location: Grace Brethren Church,
3455 Atlas St, San Diego, 92111**

Cost: \$30.00 per student (parents are free)

Register by AUGUST 12th

<http://www.cfsmiramesa.org/>

More info: Lydia@amosfamily.us
wear athletic clothing, no dresses or
flip-flops; bring water

Dealing with friendship drama & bullying

“Go Chihuahua Crazy!” with Play It Safe Defense

This FUN, highly entertaining & empowering self-defense class is designed to teach children through role-play and repetitive hands-on training the importance of awareness and setting appropriate boundaries. Students practice their techniques against a “mock” bully and a “mock” stranger in *age-appropriate* play scenarios. This class provides powerful skills; verbal defense against mean behaviors, conflict resolution, teaching children to recognize inappropriate behavior, how to set boundaries, trust their instincts and use their voice when someone or something doesn't feel right. Students will also receive valuable reference materials to take home and a Certificate of “Awareness.” Girl, Boy Scouts, Y-Guides earn a patch. Middle/High school class is more mature.



If student has an existing medical condition which may be questioned in the student performing martial art activities PLAY IT SAFE & will require a medical statement from your doctor before student participates in classes. By student or their parents signing this application, they acknowledge he or she (student) is in good health and may perform martial arts activities. Student, or their parents, acknowledges the existence of the potential for personal injury in participating in a course of instruction in an activity such as self-defense training and/or Karate, and that he/she is assuming this risk without liability to PLAY IT SAFE & or its instructors, by executing this agreement and participating in said course of instruction. Also, I hereby release PLAY IT SAFE, & their instructors and assistants of any liability from criminal and/or civil liability should the above student violate state law regarding the use of force.

Student's Name: _____ Grade: _____ Parents Signature: _____

Date: _____ PHONE NUMBER _____ E-MAIL _____

Any fears or medical conditions the instructor should be aware of? _____

For more info. go to www.PlayItSafeDefense.com, Tracie@PlayItSafeDefense.com

This form must accompany your child

PLAYITSAFE

Defense Strategies for Women & Children

www.playitsafedefense.com

**Assumption of Risk and Waiver of Liability Relating to
the Coronavirus/COVID 19**

I understand that the novel Coronavirus/COVID 19, has been declared a worldwide pandemic by the World Health Organization. COVID 19 is extremely contagious and is believed to be spread by person-to-person contact. As a result, federal, state, and local governments and health agencies recommend social distancing.

By signing this agreement, I acknowledge the contagious nature of COVID 19 and voluntarily assume the risk that I and/or my child(ren) may be exposed to or infected by COVID 19 by attending a Play It Safe Defense class. I understand that the risk of becoming exposed to or infected at a Play It Safe Defense class may result from actions, omissions, or negligence of myself and others, including, but not limited to, Play It Safe Defense employees, volunteers, and program participants and their families.

I recognize that Play It Safe Defense has put in place reasonable preventive measures recommended by the Center of Disease Control and government. I hereby acknowledge and assume the risk of becoming infected with COVID 19.

Name of Student

Parent/Guardian Signature

DATE

Parent/Guardian Printed Name

Email