

## Use of Force Safety Guidelines

Academy	Lead Instructor

I, \_\_\_\_\_ agree to the following safety guidelines during use of force training.

Initials	Safety Guidelines
	I will follow all training safety guidelines issued by instructor(s).
	To establish proficiency, I will practice use of force techniques slowly at first using step-by-step methods outlined in lesson manuscripts and as demonstrated by instructors.
	I will not practice or perform any use of force technique in "real time" or using "full effort" without specific instructor approval and direction.
	When practicing any use of force technique on a peer or other person, I will do so carefully and to avoid injury. I will use safety equipment as directed by instructor(s).
	When helping peers practice use of force techniques, I will not physically resist in ways likely to cause injury or impede his or her learning.
	I will listen for and follow specific audible safety precautions. The "safety word" for this class is: _____. When the "safety word" is announced (by anyone), all action must "Stop!"
	I am responsible for keeping the training area clear and free of tripping or falling hazards.
	I will remove any personal jewelry and non-essential accessories that may be damaged or cause unnecessary injury during use of force training.
	I do not have any pre-existing physical or psychological condition that may restrict participation in use of force training.
	I will notify the instructor of any injuries or changes in my physical condition, that occur prior to, during or after any use of force training.

\_\_\_\_\_/\_\_\_\_\_  
SIGNATURE DATE

Distribution: Copy to student officer. Original to Academy Director.

