



2277 Napa-Vallejo Highway  
Napa, California 94558  
(707) 253-3330  
www.nvcpd.org

## Release and Waiver - Women's Self Defense Class

Name: \_\_\_\_\_ Class Date: \_\_\_\_\_

Contact Number: \_\_\_\_\_

### PLEASE READ THE FOLLOWING AND SIGN BELOW

I wish to participate in the Napa Valley College's Women's Self Defense class and I am 18 years of age or older or the have permission of my parent.

I understand that participation is completely voluntary. I understand and acknowledge that in order to participate in the activities; I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand the Women's Self Defense class has been designed to provide me with methods and techniques to survive and escape a physical assault. I also understand that there is no guarantee, expressed or implied, that the techniques demonstrated in the self-defense class will prevent personal harm.

I understand that I will be under-going physical exertion while participating in the Women's Self Defense class and I understand and acknowledge and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by me, which is incident to and/or associated with preparing for and/or participating in this activity.

The undersigned agrees to defend, indemnify and hold harmless the Napa Valley Community College District, its Board of Trustees, officers, agents and employees, individually or collectively, from and against all costs, losses, claims, demands, suits, or actions, payments, and judgments, including legal and attorney fees, arising from personal or bodily injuries, property damage or otherwise, however caused, brought or recovered against any of the above that may arise from or during or be alleged to be caused by the undersigned's use of District facilities, furniture, or equipment.

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

Signature of parent if under 18 years of age.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_