

# TRAINING SAFETY PRECAUTIONS AND EXPECTATIONS



Date\_\_\_\_\_

1. Report any injury or discomfort to your Instructor immediately. If something does not “feel right” report it.
2. Please do not overexert yourself.
3. Make eye contact with your Instructor and advise them of your condition when “Wellness Checks: are conducted.
4. Ask questions when something is not clear to you.
5. No “Horseplay” or unauthorized physical contact is permitted at any time.
6. Jewelry or watches are not permitted during physical training.
7. Please report any observed unsafe condition or violation of this safety protocol immediately.
8. Physical training areas will be clear of materials, clothing and training equipment (unless in use) at all times.
9. We will not compete with one another in this training environment.
10. Training equipment is not to be handled without the authorization of your instructor(s).
11. Whistles will be used by Control Monitors to stop action during simulation training exercises.
12. If you are not involved in a simulation exercise, you will function as a Safety Officer and can stop action for unsafe reasons by yelling, “PAIN” to the Control Monitor.
13. Never use more than moderate force during simulation training exercises or no more than 80% of your potential ability to transfer energy.
14. Weapons are not permitted in the training environment. This includes but is not limited to pepper sprays, electronic devices, keychain impact devices, firearms and / or their ammunition.

I, the undersigned, have read the above safety precautions and expectations listed, they have been explained to me, I understand their intent and meaning, and I agree to adhere to these safety rules.

Print Name\_\_\_\_\_Signature\_\_\_\_\_