



**Abington Police Department**

215 Central Street  
P.O. Box 2113  
Abington, MA 02351-2113

Telephone (781)-878-3232  
Fax (781)-982-2120

David G. Majenski  
Chief of Police

**R.A.D. Registration/Release Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State and Zip: \_\_\_\_\_

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

Location: \_\_\_\_\_

Primary Instructor(s): Officer Lisa Donelan and Officer Kevin O'Neil

**RELEASE FOR RAPE AGGRESSION DEFENSE SYSTEMS PHYSICAL DEFENSE SYSTEM**

The undersigned hereby acknowledges to Rape Aggression Defense Systems, Inc., its Founder, Executive Board, Staff and Instructor(s);

That she is aware of the physical nature and possible risks of injury incident to taking this practical course in self defense. That she is physically fit to participate in this course, involving various physical techniques; and that she realizes that self defense techniques cannot be successfully employed in every situation, and proficiency can only be achieved and is dependant upon thorough continued practice, exercising good judgment, and a person's natural abilities.

The undersigned hereby releases Rape Aggression Defense Systems, Inc., its Founder, Executive Board, Staff and Instructor(s), and agrees to hold them harmless, from any liability for injury that may be incurred as a result of participation in this course, or using the strategies within for defense.

The undersigned also acknowledge that Rape Aggression Defense Systems, Inc. is not responsible for the selection of trainers, training environments, training procedures or training equipment that an individual Instructor may use during this program.

**I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I SIGN IT VOLUNTARILY.**

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

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