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| **Arizona Peace Officer Standards & Training Board**  **DT/IW INSTRUCTOR**  **WAIVER FORM** | |
| **The training you will undergo at this AZPOST Instructor School will involve strenuous and rigorous physical activities of a moderate degree of difficulty.**  **The activities will include, but are not limited to:**   1. **Break Falls 9. Take Downs** 2. **Force Delivery Techniques 10. Grappling/Jiu Jitsu** 3. **Ground Fighting 11. Handcuffing** 4. **Lifting 12. Control Techniques** 5. **Parrying 13. Impact Weapons Techniques** 6. **Pressure Points 14. Carotid Techniques/Escapes** 7. **Personal Defense Techniques 15. Defensive Tactics Proficiency Drills** 8. **Defensive and Recovery Techniques 16. Defensive Tactics Live Scenarios**   **There have been few, if any, complications for those participating in this instructor school who are in good physical condition. There have been incidents of students in poor physical condition not being able to participate or complete the required training. Therefore, it is strongly recommended that the student be substantially physically fit to successfully complete the school.**  **I have read the physical requirements of this AZPOST Instructor School and understand that strenuous activity will be required. I am substantially physically fit and have no limitations that prevent me from participating in this course.**  **I, , do hereby release the Arizona Peace Officer Standards & Training Board, its staff, and any institution, its staff and authorized representatives from liability for any injury which may result from my participation in this course of training.** | |
| **Applicant's Signature:** | **Date:** |
| **Agency Head/Training Officer's Signature:** | **Date:** |
| **\*BOTH Signatures are required for acceptance.** | |

AZ POST Form DTI (Revised Feb 2024)