



WAIVER OF LIABILITY

I, _____, agree I will not participate in any part of the C.O.R.E. Academy (hereinafter “the Academy”) that I am uncomfortable with, or consider unsafe. The Academy includes a self-defense class, and by participating, I am aware of the physical nature and possible risks of injury incident to taking this practical course in self-defense. I am physically fit to participate in the Academy, which involves various physical techniques, and I realize that self-defense techniques cannot be successfully employed in every situation, and proficiency can only be achieved, and is dependent upon, continued practice beyond this class, exercising good judgement, and a person’s natural abilities.

I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue**, the City of Longmont, its officers, employees, volunteers and agents from liability **from any and all claims, including the negligence of the City of Longmont, its officers, employees, volunteers and agents**, resulting from any liability for injury or illness that may be incurred as a result of participation in the Academy, or applying any of the information learned in the Academy. I understand that nothing taught in the Academy is legal advice, and I should consult with my attorney for my home agency.

Acknowledgment of Understanding: I have read this waiver of liability, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue**. I acknowledge that I am signing the agreement freely and voluntarily and **intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law**.

Signature of Participant Date