



Beaverton Police Department Victim Self-Defense Class Information

2020 Class Dates
Tuesday, March 24, 2020
Wednesday, May 13, 2020

Additional classes will be scheduled for summer and fall.

All classes are held from
6:00 PM-9:00 PM at the
Beaverton Police Department
(Griffith Drive location)

The goal of the Beaverton Police Department Victim Self-Defense Class is to enhance a sense of safety, empower confidence, and support the healing process for individuals within the Beaverton community who have experienced difficult and/or traumatic incidents in their lives (such as domestic violence, sexual assault, stalking, or incidents perpetrated by strangers).

The three hour class is divided between classroom discussion and physical skills training.

The classroom portion of the class covers topics such as situational awareness, trusting your instincts, hardening yourself as a target, and understanding when a person is legally allowed to defend themselves. The pros and cons of various defensive tools are discussed at the end of the class. Some, but not all, of the defensive tools discussed include keychains, flashlights, OC spray (also known as pepper spray or mace), knives, civilian TASERS, and firearms.

The physical portion of the class includes simple and highly effective skills, with the focus on getting out/away from situations. All aspects of the physical part of the class are optional and can be adapted to a wide variety of abilities. This portion of the class teaches simple defensive moves and strikes that rely on gross motor skills using large muscle groups. There are two optional practice scenarios at the end of the physical skills portion of the class.

The class is intended to be informative and skill based for participants. It is designed to be a one-time supportive tool in the healing process after a difficult and/or traumatic incident. Time for individual processing of incidents and experiences is not included in the class time. If an individual is currently seeing a counselor or therapist, they are encouraged to speak with their counselor or therapist regarding the class prior to attending.

The class is taught by Beaverton Police Department personnel with special training in self-defense tactics. Each class participant is paired with a Beaverton Police Victim Advocate throughout the entire training. A qualified mental health professional is on-site and available throughout the class for participants, if needed.

The Victim Self-Defense class is offered free of charge to victims who are 18 years of age or older. Applicants will be screened for readiness prior to acceptance into the class by the Beaverton Police Department Victim Services Coordinator. Applications and waivers of liability for each class must be received at least one week prior to the date of the class to be considered. Applications can be emailed, mailed, or dropped off at the Beaverton Police Department Records Department. Classes are held in a secure area of the Beaverton Police Department, and participants must pass a background check prior to the class. Preference will be given to residents of the City of Beaverton and Beaverton Police Department cases, but applicants from other local areas may be considered based on open spaces available in each class.

Comfortable clothing and closed-toe athletic shoes are appropriate attire for the training. Please ensure any jewelry is appropriate for moderate activity. Light refreshments such as water, tea, and snacks will be provided. Please, no gum.

For any questions, or to submit an application, please contact Katrina Rodriguez, Victim Services Coordinator, at 971.253.9364 or krodriguez@beavertonoregon.gov.

***"I felt empowered. The physical motions made me realize that I have strength.
I was very pleased with the class!"*** - Diane M., participant

***"We teach skills and ideas for personal safety and self-defense in an empowering, safe,
and encouraging environment. And, we have fun too."*** - Officer Mark Kirlin, instructor



Beaverton Police Department Victim Self-Defense Class Application Form

2020 Class Dates
Tuesday, March 24, 2020
Wednesday, May 13, 2020

Additional classes will be
scheduled for summer and fall.

All classes are held from
6:00 PM-9:00 PM at the
Beaverton Police Department
(Griffith Drive location)

Name: _____
(First, Middle, Last)

Date of Birth: ____/____/____
(Month/Day/Year)

Address: _____
(Street, City, State, ZIP Code)

Phone: _____ Safe to Leave a Message? Yes No

Email Address: _____

Which 2020 Class Date You Would Like to Attend?

March 24, 2020 May 13, 2020

What skills and knowledge are you hoping to obtain by taking this class?

Do you currently have any physical restriction that you would like us to know about prior to the class? If yes, how can we best accommodate your needs?

Please briefly describe the type of incident in which you were involved:

Did the incident take place in Beaverton? Yes No If no, where did it take place? _____

Date of Incident: ____/____/____ Case number (if known/reported): _____
(Month/Day/Year)

(Please Initial)

_____ I hereby authorize the Beaverton Police Department to conduct a background investigation.

Signature: _____ Date: ____/____/____
(Month/Day/Year)

FOR VICTIM SERVICES OFFICE USE ONLY:



Beaverton Police Department

Victim Self-Defense Class

Waiver & Release of Liability

I, _____ (please print your name), am aware that participating in self-defense training may involve risk of bodily injury or damage to property that may result from not only my actions, inactions, or negligence, but also the actions, inactions, or negligence of others, including, but not limited to, the conditions of the premises or equipment used in connection with training.

Despite my knowledge of the risks involved, I assume on my own behalf the risks and accept responsibility for any damage or injury, temporary or permanent, that may be sustained or incurred while attending or participating in self-defense training and related activities. I also agree that in the event of an accident, illness or other incapacity associated with my participation in the training and related activities, I will assume and pay for my own medical and emergency care expenses.

If at any time I believe the training, facilities, or equipment is unsafe, I will advise the instructor of the unsafe conditions and take appropriate safety precautions, including withdrawing from participation in the training.

On my own behalf, I hereby release and waive all claims against and discharge and covenant not to sue the City of Beaverton, its Council, Mayor, administration, employees, agents and servants from any or all losses, liabilities, damages, claims and/or causes of actions whatsoever that may arise out of or be related to my attending or participating in this self-defense training. I intend this agreement to forever bind myself, as well as my estate, personal representatives, guardians, conservators, parents, heirs, executors, administrators or assigns.

The undersigned has read the above waiver and release, understands that he or she has given up substantial rights by signing it, and signs it voluntarily.

I HAVE READ AND AGREE TO THE ABOVE WAIVER & RELEASE OF LIABILITY AND THIS ADDITIONAL INDEMNIFICATION.

Printed Name: _____

Signature: _____ Date: ____/____/____
(Month/Day/Year)

Emergency Contact Information (to be used in an emergency during class time only):

Name of Emergency Contact: _____

Phone: _____ Relationship To You: _____