

OBJECTIVE

To reduce the risk of an assault, provide awareness and instill the F.A.S.T. mindset to survive a dangerous encounter.



GREENFIELD POLICE DEPARTMENT

5300 West Layton Avenue
Greenfield, WI 53220
(414)-761-5300



F. - Female
A. - Awareness
&
S. - Survival
T. - Training

For Information/Questions contact:

Assistant Chief David Patrick

(414)-761-5378

david.patrick@gfpd.org

May 26th, 2016

5:30 PM to 9:30 PM

Every year, thousands of women are victimized nationwide. In many cases, women are targeted simply because the attacker believes women present an easy target and won't fight back.

In the United States...

- One sexual assault occurs **every two minutes.**
- One **violent crime** occurs every **five seconds.**
- **172 Women** are physically or sexually assaulted **every hour.**

Personal safety is about learning how to limit your risks and knowing what to do if you are attacked.

The Greenfield Police Department is proud to offer Female Awareness and Survival Training (FAST), a dynamic, practical self-defense program designed exclusively for women. FAST will teach women both survival concepts as well as techniques to help avoid dangerous situations.

**SURVIVAL
IS THE
ONLY
OPTION!**



GREENFIELD POLICE DEPARTMENT

F.A.S.T. - Female Awareness & Survival Training



May 26th, 2016 - 5:30 PM to 9:30 PM

Name: _____ Date of Birth: _____
Address: _____ Email: _____
Phone Number: (H) _____ (C) _____ **Shirt Size** _____

A portion of this seminar has a physical self-defense component that the person attending MAY participate in. Participation is NOT mandatory and the attendees can work at their own pace.
Do you have any medical conditions that the instructors need to be aware of? Yes No
If yes, please explain: _____

Emergency Contacts:
1) Name: _____ Phone: (H) _____ (C) _____
2) Name: _____ Phone: (H) _____ (C) _____

WAIVER

I hereby acknowledge that I will be participating in a seminar which may include participation in physical activities. By signing this application, I hereby release the City of Greenfield Police Department and their employees, agents, and/or designees, from any and all liability for any injuries that I may sustain as a result of my participation in this seminar.

Signature: _____ Date: _____

Pre-Registration is required - Fee: FREE

Must be 17 years or older. Classes are filled in the order that the applications are received.
Please drop off completed applications at the Greenfield Police Department, or send to:
Assistant Chief David Patrick Greenfield Police Department, 5300 W Layton Ave, Greenfield, WI 53220