

# ADULT SELF-DEFENSE CLASS

Ages 16 Years and Older

Self-defense is a real and necessary skill. Did you know that people who are confident in crisis seldom need to defend themselves? Their belief in themselves turns predators away. Join Jonathan Metcalf at Integrity Martial Arts to learn simple strategies to minimize risk, tactics to get you to safety quickly, the psychology behind most violence and how to avert it and the fundamentals of striking and escaping. This is a great course for students who will be attending college in the fall! Parent consent is required for those 16 and 17 years of age as mature topics will be covered. Participants should wear a face mask and comfortable clothing and bring a water bottle. **Please note that in addition to registering, you must complete the Integrity Martial Arts waiver at [www.KeepYouSafer.com](http://www.KeepYouSafer.com). Limit: 10.**

**DUE TO COVID-19, SEVERAL NEW POLICIES ARE REQUIRED OF ALL PARTICIPANTS AND THEIR FAMILIES. SEE PAGE 2 FOR DETAILS.**

**Date:** Monday, August 10, 2020

**Time:** 6:00 - 8:00 PM

**Fee:** FREE

**Location:** Integrity Martial Arts Studio

585 Hazard Ave, Enfield

**Activity Number:** 3605.1216.401

**- Online Registration Begins -**

**Residents:** Friday, July 17, 2020 at 8:00 AM

**Non-Residents:** Friday, July 24, 2020 at 8:00 AM

*If you wish to register in person, please call the office at  
860.253.6420 to set up an appointment, M-F, 8AM - 4PM.*



Enfield Recreation | 19 North Main Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)



## **PROGRAM POLICIES RELATED TO COVID-19**

- Please do not arrive more than 10 minutes prior to the start of the program.
- Masks **MUST** be worn by participants during non-active times, such as signing in and out and using the restroom.
- Sign-in and out will be held in the lobby of the Integrity Martial Arts Studio. Sign-in and out will be contactless and conducted verbally. Masks **MUST** be worn during sign-in and out. Only participants will be allowed in the building - no parents/guardians or spectators will be allowed inside. When signing in and out, please maintain social distance between others.
- Upon arrival, a visual health screening will be conducted by program staff. All participants must hand sanitize before entering the program space.
- Hand sanitizer and restrooms will be available for participants to use during the program. Hands must be sanitized/washed after signing in, after using the restroom and as needed.
- Peer-to-peer and instructor-to-peer contact will not be allowed at any time during the program.
- Equipment will not be shared to the best extent possible. Used equipment will be sanitized before and after the program and during the program as needed.
- Personal items will **NOT** be shared during the program.
- Participants must follow all staff directions to keep socially distanced throughout the program.
- Participants should bring all of their belongings with them when they leave - any items left behind will be discarded.
- Participants should not attend the program if they or a member of their household are not feeling well.
- **Policies are subject to change based on new local, State or Federal regulations. We will communicate any changes via email.**