



2008 Annual Awards Program

Program Excellence Awards Nomination Form

Deadline for Nominations: March 14, 2008

Complete this form and attach to your descriptive narrative.

SECTION 1: Information About the Nominated Program

Program Excellence Award Category (select only one)

- Community Health and Safety
- Community Partnership
- Community Sustainability
- Strategic Leadership and Governance

Name of program being nominated: Rape Aggression Defense (RAD) Course

Jurisdiction where program originated: City of Normandy Park, WA

Jurisdiction population: 7,000

Please indicate the month and year in which the program you are nominating was fully implemented. (Note: All Program Excellence Award nominations must have been fully implemented by or before January 31, 2007 to be eligible. The start date should not include the initial planning phase.)

Month: January Year: 2004

Name(s) and title(s) of individual(s) who should receive recognition for this award at the ICMA Annual Conference in Richmond, Virginia, September 2008. (Each individual listed MUST be an ICMA member to be recognized.):

Name: Doug Schulze

Title: City Manager Jurisdiction: City of Normandy Park, WA

Name: _____

Title: _____ Jurisdiction: _____

Name: _____

Title: _____ Jurisdiction: _____

SECTION 2: Information About the Nominator/Primary Contact

Name of person who should be contacted with questions regarding the nomination:

Rick Kieffer

Title of nominator: Police Chief Jurisdiction of nominator: City of Normandy Park

Street address: 801 S.W. 174th Street

City: Normandy Park State/Province: WA

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Leaders at the Core of Better Communities

RAPE AGGRESSION DEFENSE SYSTEM (RAD)

In an effort to teach women how to take steps to prevent an assault or rape through risk reduction and avoidance as well as basics of hands on self-defense, the City of Normandy Park Police Department offers the Rape Aggression Defense System Course. The class involves twelve hours of training broken into four sessions. The course is taught by Normandy Park police officers who are certified instructors in the area of women's self-defense. This training is offered for free through public and private grants and funding.

The RAD System is a detailed and comprehensive course for women that begin with crime prevention, risk reduction and avoidance while progressing on to the basics of hands on self-defense. This program is dedicated to teaching defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics.

The training includes lectures and discussions on assertiveness and verbal confrontation skills followed by safety strategies. What makes RAD so different is the training is followed by hands on physical defense techniques on stationary targets (Padded bags) and then actually striking and kicking the instructors who wear protective gear.

This program has produced the most positive feedback of any prevention program in the history of the agency. In addition to recent communication from a young woman who used her training to successfully defend against an attacker, the following communication is typical of the feedback received from RAD graduates:

"I am a 55 year old woman who has always been safety conscious. I have taken women's safety courses before that were helpful but none gave the practical training in self-defense that I desired until I took the RAD course over the last two weeks.

These two officers teaching the RAD course finally made me not only safety conscious but safety educated. This course is specific, well demonstrated and effective. Officer Bond and Officer Lievero taught the various self defense techniques with clarity, precision and encouragement. I came from the course not just learning self defense techniques but with a base of understanding to build upon for my personal safety. The in-class drills and final scenarios built my confidence in my ability to defend myself and gave me an enthusiasm to continue to improve in the techniques taught.

I wish all women and children would be able to learn, as I have, the techniques presented in the RAD class. We, as a vulnerable group of people, need this information, and I am pleased that Normandy Park Police Department is willing and able to present the RAD curriculum.

Again, I must emphasize that Officer Bond and Officer Lievero are exemplary teachers and the RAD program is well-structured and extraordinarily helpful. I would encourage you to not only continue but to increase the number and type of RAD classes offered to the public.

In supporting these officers and the RAD course, you, I am sure, are well aware that you will be helping to prevent successful attacks on vulnerable populations and, indeed, saving lives.

Thank You again for your support of this valuable program. I believe I am far more able to keep myself safe now than I was two weeks ago."

The RAD Program was implemented in 2003 and more than 400 female students have completed the training during the past 5 years. With annual program costs of less than \$2,000, which is funded primarily through public and private grants, the RAD Program is extremely cost effective. The positive feedback from participants and success of the program has led to a recent

decision to expand the training. Officers Lievero and Bond have recently completed certification in RAD Kids. This program expansion will teach kids, ages 5 – 12, prevention techniques as well as hands on self defense skills.

The RAD Program provides effective and useful crime prevention training to a vulnerable population. In addition, women and children participating in the training develop positive relationships with Normandy Park Police Officers, which fosters community support and trust.