

Safety Tips For Runners and Walkers

- Number One Rule. **Always be aware.**
- Jog or walk in well-lit, busy areas.
- Be cautious of people asking for directions.
- Try not to jog or walk alone. Walk with a partner or take your dog along. Being alone can put you at risk. Look for jogging or walking groups in your community or at work. Being in a group increases your level of safety.
- If you must jog or walk alone be aware and alert to your surroundings, especially in secluded areas. Avoid jogging or walking in areas near bushes or other areas where assailants can hide.
- Consider your routine. Periodically change your route and time that you jog or walk. When you have a set routine this makes you predictable.
- Carefully check male jogger/walkers as you pass them. If you notice anything strange or you have an instinctively bad feeling, remove yourself from that situation immediately.
- Jogging/walking during hours of darkness is not recommended. If you must jog or walk in the evening it is highly recommended that you do so with a partner or group.
- The use of headphones is not recommended, however if you must use headphones while walking or jogging, it is recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction.
- Carry a charged cell phone and call someone if you believe you are being followed or move to a well lit area and ask to use a telephone.
- Let someone know where you are going and when you expect to return.
- Keep up your workout program of jogging or walking but be smart and always keep your personal safety first and foremost.
- Many people carry hand weights to enhance their workout. Some of the brands available have small compartments to carry keys, money, or pepper spray. Carrying these types of weights is both convenient and potentially be a life-saver. Should you encounter someone wanting to attack you, these devices will provide an advantage that an attacker may not be expecting.
- If you choose to carry pepper spray read all of the manufacturer warnings and be familiar with its use and legalities involved.

