



WHEN OUT FOR A WALK OR RUN... Crime Prevention Tips

Walking and running are popular forms of exercise. To stay safe while doing so takes some planning and preparation. Criminals take advantage of every opportunity to victimize people. You must be aware of your surroundings at all times. Criminals look for situations to take advantage of you.

Walking and Running:

- Don't be so preoccupied with your activity that you fail to notice your surroundings and others around you.
- Do not go alone. It is better to go with others or your dog.
- Wearing headphones/IPods can be very distracting. You get into a personal zone and do not notice things around you.
- **Women are too often easy targets of violence:**
 - Lack of awareness – You must know where you are and what is going on around you. Pay attention to your surroundings.
 - Body language – Keep your head up, swing your arms, stand straight up. But be discreet and do not draw too much attention to yourself.
 - Wrong place at the wrong time – Do not run/jog in unfamiliar areas. **Avoid night walks/runs.** Let people know where you are going and when you will return.
- Trust your instincts. If something does not seem right, then follow your instincts. If you think you're being followed, cross the street and go into a public place. Notify the police if necessary.
- Carry a cell phone and identification.
- Do not exercise near bushes and shadow areas where someone might hide.
- Wear bright colored/reflective clothing for safety and visibility.
- Vary your route and routine. Change your parks periodically as to location and time.
- Report suspicious individuals, vehicles or activity to the police.



Personal Protection Items:

Consider protection items but know how to safely use them.

- Some protection items are pepper sprays (good against dogs too), body alarms (including whistles), self-defense training, and firearms.
- Know the laws about having and using/carrying protection items.
- You can go to a large sporting goods store or gun shop to purchase items.
- Consider taking a personal protection class/self-defense class to learn the proper techniques.
- There is no perfect protection item. Each has their positive and negative points.
- Remember, the buddy system and not being alone/isolated in your workouts is best.

