



# Fitness Facility Safety Tips

**"The best crime prevention is citizen attention."**



**The two areas that can cause loss of property at the gym are from your vehicle and your locker. If you take precautions you greatly reduce the opportunity for a thief to take your property.**

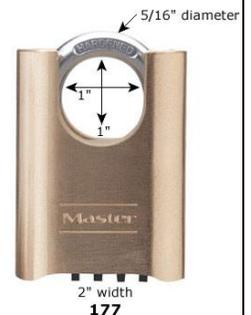
## IN THE PARKING LOT

- 1. Do not take things you do not need. Leave your important items somewhere else. Be mindful of what personal items you have and bring only what you need for identification.**
- 2. Park in a visible area and as near to the front entrance as you can. Park where security cameras are present. Under light at night.**
- 3. Remember, that "out of sight, out of mind" is a good philosophy for items in your car. Remove or hide in a locked trunk any valuables.**



## YOU AND YOUR GYM LOCKER

- 1. Invest in a premium lock. This seems like an extravagant expense until your mass-produced lock is picked as though it weren't even there. It's a matter of logic: If you're using the most popular lock, then isn't it also the lock most likely to be picked? See the pictures at the right for lock ideas. These are harder to cut off lockers and to tamper with by thieves. Seek recommendations from management.**
- 2. Sometimes it is necessary to rent a locker at the gym. Most gyms offer private lockers for a small fee. These lockers may be located in a common area, in full view of staff, where it's harder for a suspicious person to hang around.**
- 3. Stay vigilant. It's human nature to keep to ourselves in a locker room. But if you see somebody doing something that just doesn't look right, say something to them or to the club staff. Criminals take advantage of your deliberate inattention. Don't wait until you're the victim.**



**4. Check your wallet before you leave the gym. In order to buy themselves time, some thieves will take only what they need from your wallet and hope that you don't notice anything's wrong until after they've had time to run up the charges on your card.**



**5. As a general rule, periodically copy all the contents in your wallet/purse. Copy both the front and back and keep in a secure place. If you do lose your wallet, then you have a good idea of what**

**was in it and who to call.**

**6. For personal safety:**

- **Use the buddy system. Have a workout partner.**
- **Have a cell phone.**
- **Have noise maker – whistle, etc.**
- **Personal protection spray – an option when walking through parking lots or other isolated areas.**

