

Crime Prevention

Safety Tips for Joggers & Walkers

There are many people who enjoy the sport of jogging and running, however often times these people can be susceptible to criminal attack. One of the problems with joggers or runners is that they can become so preoccupied in their physical activity that they fail to be alert and pay attention to their surroundings. They sometimes become too busy concentrating how much further they have to go and on putting one foot in front of the next that they don't realize what is happening around them.

The following is a list of personal safety tips for joggers and walkers:

- Jog or walk with a companion, you are safer in groups.
- Jog or walk in a familiar area.
- Be sure someone knows when you leave and when you are expected back.
- Have a cell phone with you at all times.
- Do not jog or walk in a heavily wooded, poorly lighted or secluded area particularly alone
- Don't wear radio or music earphones
- Do not jog or walk after dark
- Do not jog or walk near bushes which can provide concealment
- Wear bright or reflective clothing
- Vary your route and pattern of jogging or walking
- Carry your motor vehicle and home key with you



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