

# JOGGING & WALKING SAFETY

## GET FIT STAY SAFE!

### Situational Awareness

- Survey your start point before ever getting out of your vehicle
- Do not approach or go near other vehicles
- Stay alert and scan the area in front of you and behind you
- Do not block your ability to hear your surroundings (Movement/Wildlife)
- Be careful when people stop you for directions, always reply from a distance
- If you think someone is following, change directions or go to your safe location
- Report suspicious persons or incidents to law enforcement immediately

### Planning

- Advise someone of your plan (Routes/Times)
- Check in with that person on start and finish
- Do not post routes, status, current photos or other details on social media
- Avoid alleys, areas that are dark, or deserted
- Alter your routine, do not be predictable to predators

### Do NOT Carry

Cash  
Jewelry  
Items that may entice a thief

### Do Carry

A phone  
Personal ID  
Your emergency contact info  
Whistle/Noisemaker/Mace

### Company

Do not workout alone  
Find a buddy, club, or group

