

For Joggers and Walkers

People in our community are becoming more concerned about their health and therefore choosing to jog or walk in an effort to becoming more physically fit. They can also be susceptible to criminal attack. Some may become so preoccupied in their physical activity that they fail to be alert and pay attention to their surroundings. By following these safety tips you can reduce the opportunity of becoming a victim of a crime.

- ◆ Before you go, let someone know you are leaving and let them know when you will be back.
- ◆ Jog or walk with a known companion.
- ◆ Be alert, walk with authority, look ahead and scan your surroundings.
- ◆ Attempt to keep people you do not know well 4 to 6 feet away from you.
- ◆ Always jog or walk in a familiar area; avoid heavily wooded, poorly lighted, rural or secluded areas.
- ◆ Be aware of your surroundings; avoid wearing devices with earphones that will prevent you from hearing activities around you.
- ◆ Wear bright colored clothing to improve visibility; avoid exercising after dark.
- ◆ Vary your route, if you think you are being followed go to the nearest residence, open business or group of people and seek help.
- ◆ Carry a cell phone to use for emergencies; avoid leisurely talking on the phone when walking, criminals prey on people that are distracted.
- ◆ Be alert to someone who asks for directions and continues to engage you in conversation. This is a distraction technique.