

Fact Sheet



Safety Tips for Walkers, Joggers & Runners – For the Care and Protection of Yourself while Cool-Running.

A Guide for All Youth-flying, Adult-enduring, Geriatric-walking and Others who enjoy slapping the pavement and breathing heavy in the great outdoors.

*Walkers, joggers or the runner, are found frequently running down the street for no apparent reason, with apparent abandon, and apparently enjoying themselves in the process. And, why in the world is the Fire Marshal's office concerned about the subject of walking, jogging or running? Well, for **SAFETY SAKE**, of course!*

Most running or jogging safety rules are basically common sense rules. But you see so many runners both male and female – who violate common sense practices every day.

We live in a dangerous world. High speed traffic, questionable motives, and lapses of awareness may make a reasonably safe activity, dangerous! *“The life the runner saves... could be their own!” However, as important, “The liability you avoid... could save your home, sense of well-being, years dealing with hospital bills, pain, the courts and or deep regrets.”*



Please follow these few simple steps in order to be sure your *running moment is clearly safe* for you and for others you may accidentally encounter:

- If you must run or jog alone, a treadmill at home or at a health club is a much safer option than outside running.
- **Jog, run or walk with a companion.**
- Avoid running alone in unpopulated, unfamiliar, poorly lighted areas, and stay away from heavily wooded trails, surrounded by heavy brush or secluded areas.
- Do not jog or run at night or after dark.



Common Sense Dictates

- If you must jog or run at dusk or in the dark – **Be visible! – Wear light colored clothing with reflectors and lighting.**
- Keep your mind on the event! - Avoid talking on the phone, texting or watching a movie while your feet are in motion.
- **Don't wear headsets. This is the No. 1 rule for safe running.** Car horns, cyclists, footsteps of someone behind you, all fade away when wearing headsets. **Tune into the sound of the environment around you instead.**
- Do not wear jewelry. But, do carry identification or write your name, phone number and blood type on the inside sole of your running shoe.
- **Vary your route and pattern of jogging** if you run regularly.



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- **Run against traffic.** You are not a vehicle, you're a runner. You need to face and see what is ahead of you.
- **A vehicle always has right-of-way.** They're larger and faster than a runner. **Do not race for the light! Stop and let the vehicle go by.**
- **Beware of stopped cars waiting to make a right turn.** Wait for them to turn or run behind them.

- Know where the dog is. *Look in its general direction, but do not aggressively stare into its eyes.*
- Allow the dog to sniff you. Stand still.
- In a low, calm, voice say: "No! Go home!"
- Stay still until the dog leaves.
- Back away slowly until it is out of sight.

- The natural impulse is to turn and run. This may trigger the dog's natural instinct to chase.



Defense against Threats

- Stay alert and attentive to your surroundings.
- **Carry a whistle or high decibel battery powered personal alarm device, walking stick or pepper spray when you jog or run.**
- If followed, go to the nearest residence, open business or group of people.
- Always call the police if something happens to you or someone else or if you see something or someone suspicious around you're path.
- Do not stop to give directions or answer questions of strangers.
- Carry your motor vehicle and/or home key in a secure place with you.
- Always trust your intuition. If you're unsure about a person or a place, avoid it!



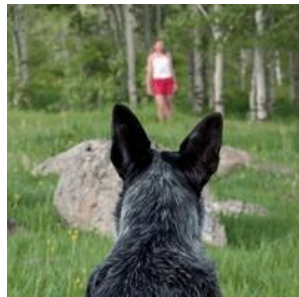
A Dog Attack

- Carry or obtain a blocking device, a jacket, walking stick or defensive tool, with you.
- In case of a dominant move by the dog, Never hesitate! The dog may sense hesitation as a sign of weakness.
- Stand and brace yourself and prepare to block the dog's advance with the blocking device.
- If a dog does attack, try to "feed" the dog your blocking device, a workout jacket stretched out, a walking stick or bar held sideways will help. Block the dog's teeth from reaching you.
- If you are knocked down or fall, curl into a ball and keep your hands over your ears and face. Try not to scream or roll around.



Defense Against Dogs

Walkers, joggers or runners often encounter what either may be or appear to be an unfriendly dog. If such an encounter does occur, the following measures are encouraged:



- When encountered by a threatening dog...
 - Avoid smiling at the dog. *Baring teeth is a sign of aggression to the canine family.*
 - Stand very still and attempt to stay be calm.

On a sunny day drivers may see a pedestrian walking, jogging or running on the side of the road as a normal occurrence. However, in the dark, seeing a person at the last moment, or suddenly popping out of nowhere in the seclusion of shadow or dusk is a frightening and harrowing event. Hitting the person with the car would be devastating and tragically memorable. Both the pedestrian and the driver must keep their head in the game, attentive and alert at all times...

FOR SAFETY SAKE!