SAFETY FOR RUNNERS

PLAN AHEAD

• Plan your route and make sure that someone knows where you are going and when to expect you back.
• Be familiar with your route. Be aware of the locations of police and fire stations, and hospitals. Also, know what restaurants and stores in your area are open late.
• If possible, jog or walk with a friend or dog.
• In case of emergency, take a call phone and a whistle.
• Carry identification with you; if you are unable to carry ID, write your name and phone number along with any important medical information on the inside of your shoe.
• Do not carry cash or wear jewelry.

WHILE RUNNING

• Stay alert and aware of your surroundings no matter where you are. Don’t wear headphones as they prevent you from hearing your surroundings.
• Be aware of the conditions around you; keep your eyes open for slick or uneven patches of road.
• Stay in well-lit areas and on heavily traveled streets. Avoid routes that take you through parking lots, alleys, or other dark vacant areas.
• Stay clear of parked cars, bushes, or other areas where an attacker could lurk.
• Run in the opposite direction of traffic so that you can see the traffic that is coming your way.
• Always trust your instincts. If people or locations are making you uneasy, leave or stay away.
• Be cautious if you are asked for directions by someone in a car; if you choose to answer, keep your distance.

Call police immediately if you notice anything suspicious, or if anything happens to you.
If you need to exercise while it is dark outside, try to utilize a well-lit outdoor track or an indoor track or treadmill. If those are not options, make sure to wear light colored clothing and some type of reflective device.
If you are unable to carry a cell phone, know the location of public phones along your route.

COMMUNITY RESOURCES

Emergency/Crimes in Progress
9-1-1
Police Non-Emergency (801) 799-3000
Fire Department Non-Emergency (801) 799-4231
Police General Information (801) 799-3100
Community Information Line 2-1-1

RETURNING HOME

• Be prepared with your house key before you reach the door.
• Do not enter if it looks like someone has forced entry while you were away. Go to a neighbor’s house and call the police immediately.
• If you think that you are being followed, change direction and head somewhere that you can get help: a restaurant or open store, or the nearest fire station or police department. Do not return home.

RUNNING WHILE TRAVELING

• Check with the concierge for safe neighborhoods and paths that you can take before planning your route.
• Study maps and plan your route before going out. Know the streets that you will take.
• Write down the address and phone number of where you are staying and carry it with you while you run, along with your ID and any important medical information.
• If possible, carry a cell phone in case of emergency or if you get lost.
• Leave your room key with the front desk and let them know where you will be running.
• Maintain all of your normal running safety rules.