

# 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 neighbors 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.