



St. John's Hospital

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Safety and Security

Walking and Jogging Safety Tips



Walk/jog confidently.

- Always be alert and aware of your surroundings especially when near secluded areas and the people you are coming into contact with along the walking - jogging path.
- Look people in the eye as you pass them. This lets others know you are aware of their presence.
- Carefully observe male jogger/walkers as you pass them. If you notice anything strange or you have an instinctively bad feeling (gut feeling), remove yourself from that situation right away. Trust your first gut instinct - it's usually right!
- If you have headphones on, make sure you can hear noise – like sirens or someone approaching you quickly. Don't become so distracted with listening to your MP3, music, or talking on a cell phone that you fail to see signals of an oncoming attack. Being able to hear your surroundings will allow you to notice someone you don't see.
- Try to walk with a partner or take your dog along.
- Wear shoes and clothing that allow freedom of movement.
- Carry a cell phone to call in case of emergency.
- Carry an audible alarm or whistle with you.
- Carry some type of personal protection/safety device – like a TASER C2, Pepper Spray, or a

Personal Alarm w/lights.

- Let someone know when you begin your walk or jog. Tell them the route you will be taking and when you plan to return. Inform them when you do return.
- Walk or jog in a familiar area. Avoid secluded areas where there are places to hide.
- Vary the route you take and the time a little bit. Do not take the same route every day at the exact same time.
- Walk or jog facing traffic.
- Use extra caution when passing parking lots.
- Be mindful of others and share the road. In addition to joggers, some pathways accommodate bicycles and pedestrians.
- Lock your vehicle. Don't leave valuables, such as purses/wallets/cell phones, visible inside.
- Try to run during the cooler parts of the day, preferably in the early morning or at sunset. Drink plenty of water, and don't push yourself, to avoid overheating.
- Wear bright colored clothing so that you can easily be seen.
- If you must jog/walk at night, do so in well-lit, busy areas and with a partner. Wear a reflective vest or some attire so you are visible for cars and others to see.

Become knowledgeable of what to do in case of an attack. A self-defense class teaches techniques to protect and defend yourself enough to get away to safety .

Sincerely,

Dwayne Doran
Director of Safety and Security