

# JOGGING

Many people in today's society use jogging for exercise or to release stress. Jogging is great for both, but like with everything else one needs to take precautions. The following tips will help keep you safe while you are enjoying your run:

- Run with a partner
- Stay in an area that you are familiar with
- If running or jogging alone, do not use headphones, this will help you be more aware of your surroundings
- Refrain from running at night, but if you choose to wear reflective clothing
- Always wear bright clothing that a person in a motor vehicle will see
- Do not run the same route every day and time
- Carry some type of personal alarm or whistle with you in case you are attacked
- If you are followed go to the nearest home or business and ask them to call the police for you
- If you encounter a dog, do not attempt to out run it. Stand still and talk calm
- Be aware where the dog is but do not stare it down
- Stay still until the dog leaves then back up slow until the dog is out of sight
- If attacked try to 'feed' the dog a loose article of clothing (jacket ect)
- If you're knocked down cover your ears, face, throat and neck. Curl into a ball and try to refrain from screaming.

These are just a few tips to help keep you safe during your run. Just remember, running in numbers is not only safer, but it will push you to be your best.