Safety Tips For Runners
SAFETY TIPS FOR RUNNERS

1. There's safety in numbers, so don't run alone. Find a partner or a group to run with. A local runners club is a good place to start.

2. Whenever possible, run during daylight hours. If you must run at night, wear light-reflecting or light-colored clothing.

3. Be thoroughly familiar with your route. Know the location of phones, call boxes, police stations, fire houses, hospitals, 24-hour businesses, etc.

4. Listen to your instincts and be willing to vary your route if you sense that you are in danger.

5. Avoid running in deserted or poorly lighted areas.

6. Run against traffic whenever possible.

7. Be aware of who is around you at all times.

8. Don't acknowledge or respond to verbal harassment.

9. Carry a whistle or bicycle air horn to summon emergency assistance.

10. Don't wear jewelry (chains, medallions, rings, expensive watches, etc.).

11. Tune into your surroundings – not out; avoid wearing headphones.

12. Always carry some form of personal identification (including medic alert ID if applicable) in case of emergency.

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