



TIP OF THE WEEK

Running Smart

After the winter season is over, many people will take their physical activities outdoors. These following tips are recommended to help keep you safe while running, jogging or cycling.

- Carry identification or your name, phone number, and blood type on the inside sole or laced to the outside of your running shoe. Be sure to include your medical information.
- Don't wear jewellery.
- Carry enough change for a phone call. If you carry a cell phone, always ensure that it is fully charged.
- Run with a partner.
- Write down or leave word of your route. Inform your friends and family of your favorite routes.
- Run or cycle in familiar areas. Know the locations of telephones and open businesses and stores. Alter your route pattern.
- Always stay alert. The more aware you are, the less vulnerable you will be.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars and bushes.
- Don't wear headphones. Use your hearing to be aware of your surroundings.
- Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- Run against traffic so you can observe approaching vehicles.
- Wear reflective material if you must go out before dawn or after dark.
- Use your intuition about suspicious persons or areas. React on your intuition and avoid any person or area that feels unsafe to you.
- Carry a whistle or noisemaker.
- Call the police immediately if something happens to you or someone else, or if you notice anyone out of the ordinary during your run.

If you have information a crime, contact NAIT Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2000.00.

Everybody benefits, except the criminal.