



Royal Bahamas Police Force

Working together for a safer Bahamas

Police Emergency
919

Safety Tips for Runners and Walkers

Every day more and more people take up running and walking because it is a quick, inexpensive way to stay fit. If you travel often, running or walking is an excellent way to maintain your exercise regimen. Here are few pointers to help you keep safe when you hit the road.

Before You Leave

- Plan your outing. Tell a family member or friend where you are going and the time you expect to be back.
- Know where telephones are located along the course.
- Wear an identification tag or carry a driver's license. If you don't have a place to carry your ID, write your name, phone number, and blood type on the inside of your athletic shoe. Include any medical information.
- Don't wear jewelry or carry cash.
- Wear reflective material.

On The Road

- Stay alert at all times. The more aware you are, the less vulnerable you are.
- Run or walk with a partner or a dog.
- Don't wear headsets. If you wear them you won't hear an approaching car or attacker. Listen to your surroundings.
- Consider carrying a cellular phone.
- Exercise in familiar areas. Know which businesses or stores are open.
- Vary your route.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid poorly lighted areas at night.
- Run clear of parked cars or bushes.
- 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 automobiles.
- Trust your intuition about a person or an area. React based on that intuition and avoid areas you feel unsure about.
- Be careful if anyone in a car asks you for directions—if you answer, keep at least a full arm's length from the car.
- If you think you are being followed, change direction and head for open stores, theaters, or a lighted house.
- Have your door key ready before you reach your home.
- Call police immediately if something happens to you or someone else, or you notice anyone out of the ordinary. It is also a good idea to check with police about any criminal activity in the area you plan to run.
- Stay Alert

Running and Walking in the Evening or Early Morning

- Make sure people can see you: Think about where you are going and how well lighted it may or may not be. Going out at dusk or at night is dangerous without some type of reflective device on your clothing. Many athletic shoes have reflective qualities built in, but also consider a vest complete with reflective tape.
- Watch the road: Wet or icy spots are considerably harder to see in the dark.
- Keep alert. Dawn and dusk offer convenient shadows for muggers and other crooks.

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National Crime Prevention Office

302-8430/1

www.royalbahamaspolice.org

Crime Stoppers

328-TIPS (8477)

Family Islands

(242) 300-TIPS (8477)

"To make The Bahamas a safer place to live, work, visit and play."