

RRCA GENERAL RUNNING SAFETY TIPS

1. **DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs. .
2. **Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.** Include any medical information.
3. **Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.
4. **Carry a cell phone or change for a phone call.** Know the locations of call boxes and telephones along your regular route.
5. **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
6. **Alter or vary your running route pattern;** run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
7. **Run with a partner.** Run with a dog.
8. **Write down or leave word of the direction of your run.** Tell friends and family of your favorite running routes.
9. **Avoid unpopulated areas, deserted streets, and overgrown trails.** Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.
10. **Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
11. **Run against traffic so you can observe approaching automobiles.**
12. **Wear reflective material if you must run before dawn or after dark.**
13. **Practice memorizing license tags or identifying characteristics of strangers.**
14. **Carry a noisemaker.** Get training in self-defense.
15. **Look both ways before crossing.** Be sure the driver of a car acknowledges your right of way before crossing in front of a vehicle. Obey traffic signals.
16. **When using multi-use trails, follow the rules of the road.** If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
17. **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately

