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 should 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.