



Jogger and Gym Safety Tips



NW 25 - Northwest Area Command Crime Prevention Office

Exercise is good for you. Everyone should participate in periodic exercises for good health. But criminals take advantage of every opportunity to victimize people. This includes the simple act of going down to the park for a walk or going to the gym for a workout. You must be aware of your surroundings at all times. Criminals look for situations to take advantage of you.

Walking and Jogging:

- ! Don't be so preoccupied with your activity that you fail to notice your surroundings and others around you.
- ! Do not go alone. It is better to go with others or your dog.
- ! Wearing headphones/IPods can be very distracting. You get into a personal zone and do not notice things around you.
- ! **Women are too often easy targets of violence:**
 - o *Lack of awareness* - You must know where you are and what is going on around you. Pay attention to your surroundings.
 - o *Body language* - Keep your head up, swing your arms, stand straight up. But be discreet and do not draw too much attention to yourself.
 - o *Wrong place at the wrong time* - Do not run/jog in unfamiliar areas, **especially at night**. Use the buddy system when out and about - don't go alone.
- ! **Trust your instincts.** If something does not seem right, then follow your instincts. If you think you're being followed, cross the street and go into a public place. Notify the police if necessary.
- ! Carry a cell phone and let trusted persons know your route and location.
- ! Do not exercise near bushes and shadow areas where someone might hide.
- ! Wear bright colored/reflective clothing for safety and visibility.
- ! Vary your route and routine. Change your jogging parks periodically as to location and time.

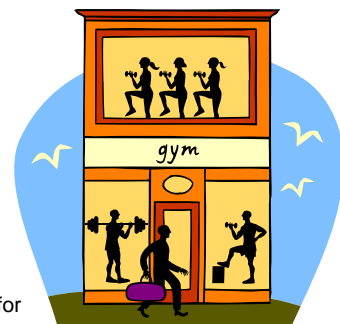


Going to the Gym:

Going to a health club and other recreation facilities is a great way to be with other people and enjoy getting healthy and learn new skills. Unfortunately, criminals also take advantage of these locations too. They know you might be occupied with other things, especially around swimming pools.

- ! You must guard against theft:

This flyer is for informational and educational purposes only. LVMPD accepts no liability or responsibility for the use of this material. **See other side** B Feb. 09 B NWAC Crime Prevention Office



- **From vehicles** - criminals know that vehicles in the parking lot might be unattended for several hours. This gives them time to break in and take items.
- **From lockers** - the locker room might be empty for several minutes and this gives time for criminals to break in to your locker. If you bring your own lock, use a sturdy one. Avoid inexpensive locks.
- **Your personal training space** - keep your locker key on you and do not leave anything valuable around your workout space.

! Only take what you absolutely need to the facility. For example, take only your **driver's license, vehicle/home key, and club card**. Leave your wallet and other items at home. The less, the better. You might want to carry a medical card if necessary. This might be important if you are a diabetic, etc.

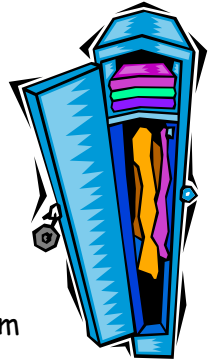
! Make a copy of your wallet contents both front and back. This is especially true if you lose your driver's license and club card at the facility. Do you know the proper procedures if you do lose them or they are stolen? Contact the DMV and the club immediately.

! If you have a water bottle, fanny pack, or swimming gear, watch them. Keep them close at hand. Some of this gear is expensive!

! Look around and see if the facility has some good security measures:

- Cameras inside and outside for parking lot surveillance. And periodic parking lot patrol.
- Personnel for check in to the facility.
- Locker rooms in easily viewed and non-isolated areas.
- Roving employees in the facility to look for suspicious individuals/activities.
- Good lighting around the facility, including the parking lot.

! **Report suspicious individuals or unsafe situations to management.**



Personal Protection Items:

Be careful with protection items. Know how to safely use them and their advantages and limitations. Your best protection is awareness to your surroundings and taking sensible precautions to reduce criminal opportunities.

! Some protection items are pepper sprays (good against dogs too), body alarms (including whistles), self-defense training, and firearms.

! Know the laws about having and using/carrying protection items.

! You can go to a large sporting goods store or gun shop to purchase items.

! Consider taking a personal protection class/self-defense class to learn the proper techniques.

! There is no perfect protection item. Each has their positive and negative points.

! Remember, the buddy system of not being alone in your workouts is best.

