

## **Personal Safety While Walking or Jogging**

Olmos Park is well known as a great place to walk or jog not only by residents but also by residents of surrounding neighborhoods and universities. We hope that everyone feels safe in our community but walkers and joggers are urged to always maintain awareness of their surroundings and not forget about personal safety.

As the number of people engaging in walking or jogging increases, so does the potential for the number of attacks perpetrated on them. It is very easy to get lost in thought or in the music one might listen to and also very easy to lose awareness of everything around you.

When you are out walking or jogging, try to follow these important tips to ensure your safety:

- ⇒ Jog or walk with a companion
- ⇒ Jog or walk in well-lit, busy areas
- ⇒ Be wary of people asking for directions
- ⇒ Do not use headphones while walking or jogging
- ⇒ Consider carrying some kind of self-defense item
- ⇒ Do not jog or walk near bushes or other places where an assailant can hide

Many people carry hand weights to enhance their workout. Some of the brands available have small compartments to carry keys, money, or pepper spray. Carrying these types of weights is both convenient and potentially be a life-saver. Should you encounter someone wanting to attack you, these devices will provide an advantage that an attacker may not be expecting.

If you use headphones while walking or jogging, it is recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction. If you carry a cell phone, call someone if you believe you are being followed or move to a well lit area and ask to use a telephone.

Enjoy your workout, but always remain aware of your surroundings.

**The Olmos Park Police Department**

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