



RUN SAFE NEW YORK

Safety Tips For Runners



NYPD

New York City Police Department

Safety Tips for Runners

- There's safety in numbers, so don't run alone. Find a partner or a group to run with. A local runners club is a good place to start.
- Whenever possible, run during daylight hours. If you must run at night, wear light-reflective or brightly colored clothing.
- Alter or vary your running route pattern. Don't be predictable.
- Be thoroughly familiar with your route. Know the locations of heavily populated areas, emergency call boxes, police and fire stations, hospitals, 24-hour businesses, etc.
- **Trust your instincts** and change your route if you sense that you are in danger.
- Always tell someone where you are going. Write down or leave word of the direction of your run. Tell your friends and family of your favorite running routes.
- Carry a cell phone, whistle, or personal alarm to summon emergency assistance.
- Tune into your surroundings, not out. Avoid wearing headphones or earbuds.
- Avoid running in deserted, poorly lit areas, or areas with overgrown foliage/shrubbery.
- Run against traffic so you can observe approaching automobiles.
- Don't acknowledge or respond to verbal harassment. Don't wear jewelry (chains, medallions, rings, expensive watches, etc.)
- Always carry some form of personal identification (including medical ID bracelets, if applicable) that includes a point of contact in case of emergency.

