

**Community Safety Team**

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# SAFETY TIPS FOR RUNNERS AND WALKERS



INVESTOR IN PEOPLE



**The chance that you or your family will become a victim of crime is low - the Borough of Basingstoke and Deane is a relatively safe area of the United Kingdom in which to live and work. Nevertheless, many people's lives can still be affected by the fear of crime.**

**The best way to minimise the risk of becoming a victim of crime, and to reduce the fear of crime, is to take sensible precautions. Most people already do this as part of their everyday lives - often without realising it. You are probably aware of some of the suggestions listed below, but others may be new to you, and you may find them useful.**

### **Before You Leave**

- Always tell someone where you are going and when you will return. Tell friends and family which route you are going to take.
- Find out where telephones are located along the course.
- Try to carry some form of identification. Alternatively you could write your name, phone number, and blood type on the inside of your training shoe. Include any important medical information.
- Don't wear jewellery or carry cash.
- Wear clothing of high visibility or reflective material.

### **On the Road**

- Always face oncoming traffic.
- Stay alert at all times. The more aware you are, the less vulnerable you are.
- Run or walk with a partner or dog.
- Don't wear headphones because you won't hear an approaching car or attacker. Listen to your surroundings.
- Consider carrying a mobile phone (discretely) and a personal attack alarm.
- Exercise in familiar areas. Find out which businesses or shops are open.
- Vary your route to minimise your chances of being targeted.

- Avoid unpopulated areas, deserted streets and overgrown trails.
- Avoid poorly lit areas at night.
- Keep clear of parked cars and bushes.
- Ignore verbal harassment. Use discretion in acknowledging strangers. Keep your distance and keep moving.
- Be careful if anyone in a car asks you for directions – if you answer, keep at least a full arm's length from the car.
- If you think you are being followed, change direction and head for open shops, theatres, or a lit house.
- Have your door key ready before you reach your home.
- Call the police immediately if something happens to you or someone else, or you notice anyone behaving out of the ordinary.

### **Stay Alert**

- Don't concentrate on exercises so much that you lose track of what's going on around you.
- Walk and run with confidence and purpose.
- If you get bored running without music, practise identifying characteristics of strangers and memorising registration numbers to keep you from 'zoning out'.
- Memorise the street names on your route. Know which street you are in.

### **Running and Walking in the Evening or Early Morning**

- Make sure people can see you. Think about where you are going and how well lit it may or may not be. Going out at dusk or at night is dangerous without some type of reflective material on your clothing (for example vest complete with reflective tape).
- Watch the road. Wet or icy spots are considerably harder to see in the dark.
- Keep alert.