RUNNING SAFETY TIPS

When running on or off campus there are simple things you can do to enhance your safety:

DON’T WEAR HEADSETS. Use your ears to be aware of your surroundings.

Carry a cell phone. Program RAVE GUARDIAN into your phone and have the DASHBOARD available on your screen.

- Use the “Safety Timer” module of your Assumption College Guardian App.
- Ensure you program your “Guardians” into the Assumption College Guardian App.
- Enable location/finder GPS on the Guardian App.
- Make Campus Police one of your Friends/Guardians

• 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.
• Alter or vary your running route pattern; run in familiar areas, stay close to campus
• Run with a partner. There is safety in numbers and working out with a partner is challenging and fun.
• Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.
• Carry identification. Use your Assumption College Campus Police Phone sleeve to secure your ID.
• Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
• Run against traffic so you can observe approaching automobiles.
• Wear reflective material, Wear reflective material, Wear reflective material.
• 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.