



**Safety is the number one priority for runners, walkers, cyclists, and everybody who enjoys the outdoors with the arrival of Spring.**

- Try not to exercise alone, irrespective of the time of day or the route you follow - many incidents occur on busy roads in broad daylight. It is always better to exercise with a friend or in a group.
- Always tell somebody where you are going and be specific regarding routes and directions.
- Leave mobile phones at home (measure a route in your car and then run it if you can), but please do not run, walk or cycle with a phone - not only does this pose a danger to yourself, but also other athletes.
- Refrain from wearing expensive jewellery and accessories when exercising – these items make you a target for criminals.
- If you wear an expensive training watch, consider covering it with a buff to hide it from opportunistic criminals.
- Wear light-coloured clothing with reflective detailing when exercising at dawn or dusk. Always ensure that you are visible from the front and the back so that both directions of traffic can see you. Wear a headlamp and runner lights - they will make you more visible and help you see in the dark.
- Carry some form of identification on you so that any bystanders will know who you are and who to contact in an emergency. Most exercise gear has small pockets for this very reason.



**Always stay alert wherever you go, and keep your and your dog's safety in mind.**

- Before going on any walk, whether in a park or around the block, do your research. Find out what safety and security measures are in place at the park or in the neighbourhood. Also, find out whether there have recently been any incidents involving people or other dogs.
- Make sure that you have protection against potential criminals and other dogs. Pepper spray is one way to protect both you and your dog, and a walking stick can also double up as a self-defence weapon.
- If you are unfamiliar with the park or the neighbourhood, keep your dog on a leash. This will help you control and keep him safe in a potentially dangerous situation.



**#SafeSeptember**

**Put safety first  
this Spring**



**#SafetyFirst**

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