



Active & Alert This Spring

Spring is the season for getting outside, becoming more active and enjoying everything our sporting communities have to offer. So, lace up, get on your bike, join your running group and support your favourite sporting event – but remember to take your security mindset with you.

Before You Head Out

- Plan your route. Know where you are going and, where possible, choose familiar, well-used routes with good lighting and visibility.
- Check your surroundings before leaving.
- Avoid becoming distracted by your phone, headphones or other devices as you make your way from your home out the gate.
- Tell someone where you are going. Particularly for early-morning or solo activities, let a family member or friend know your route and expected return time.

Walking/Running

- Stay aware of people, vehicles and activity around you.
- If you use headphones, keep the volume low enough to hear what is happening around you.
- Avoid isolated paths, open fields and poorly lit areas, particularly when exercising alone.
- Vary your routine where practical rather than following the same route and schedule every day.
- If something or someone makes you uncomfortable, trust your instincts and change direction or move towards a busier area.
- Keep your phone accessible and out of sight and avoid being distracted by it while moving.



Cycling

- Your focus needs to extend beyond the road ahead.
- Watch for vehicles turning across your path, pedestrians, parked cars, opening doors and other cyclists.
- Use lights and reflective clothing when visibility is poor, and make sure your bicycle is roadworthy before setting off.
- Avoid stopping in isolated areas to use your phone. If you need to check directions or make a call, move to a safe, populated location first.



Going to a Sporting Event?

- Early starts can mean quieter roads, fewer people around and reduced visibility.
- Allow extra time so you are not rushing. Park in a well-lit, busy area where possible and be aware of your surroundings when walking between your vehicle and the venue.
- If you are travelling as a group, stay together - particularly when arriving or leaving before sunrise.
- Keep valuables out of sight.