



# Assumption College

## Department of Public Safety

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## 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.**