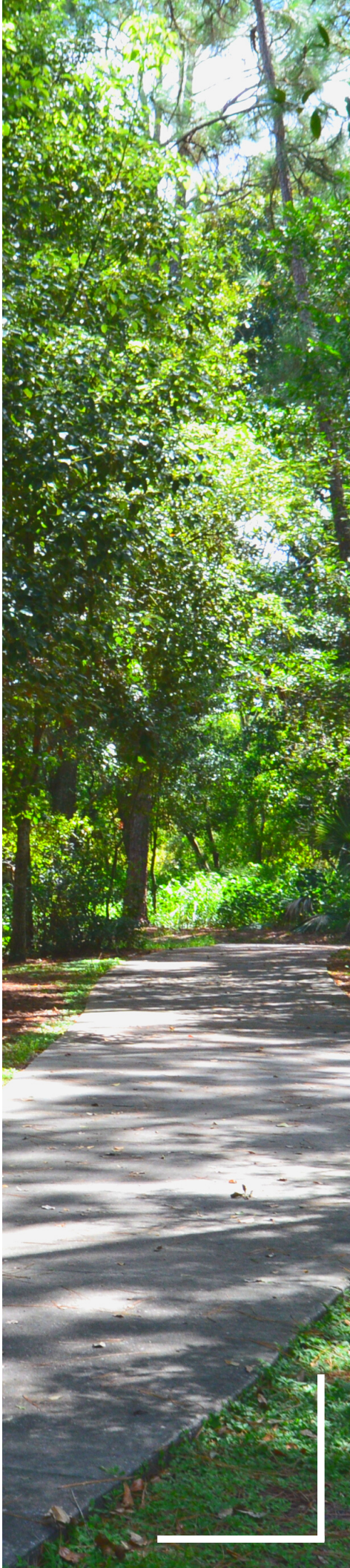
Parks&Recreation
CITY OF TAMPA

Walking Safety Tips

- It is best to walk in pairs or groups. If you must walk alone carry some identification with you and a cell phone.
- Always walk on the left side of the road facing traffic so you can easily see approaching automobiles.
- Avoid dark unpopulated areas, deserted streets and overgrown trails. Especially avoid unlit areas at night.
- Wear appropriate footwear such as a walking or running shoe with a good tread, especially when walking in winter or on icy roads or pathways.
- Wear appropriate clothing. Dress in layers if it is cold, you can always take one layer off.
- Take water or other fluid if it's a hot day or if walking over 45 minutes.
- Wear something reflective if it's dark.If going on any extended walks inform someone of your route and expected return time.
- Warm up properly and start your walks at a comfortable pace and slowly build up the pace.
- Carry a couple of coins so you can make a phone call or carry cab fare in your shoe.
- When walking by yourself walk in a loop in case you need to cut the walk short.
- Stay alert. The more you are aware the less vulnerable you are.
- Don't wear headphones. Use your hearing to be aware of your surroundings.
- Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant. Keep your distance and keep moving.
- Use your intuition about suspicious persons or areas.
    - Call the police immediately if something happens to you or if you notice anything out of the ordinary during your walk.
    - Carry a whistle or noisemaker. Some walkers carry pepper spray in case of dog attacks.