



New Albany Walking & Running Safety Tips

The Village of New Albany Police Department wants to help keep you safe. Before you leave...

- Plan your outing. Always tell someone your routes and where you are going.
- Know where telephones are located along the course. If you have one, take your cell phone with you.
- Wear an identification tag or carry a driver's license. Include important medical information.
- Don't wear jewelry or carry cash.
- Wear reflective material.

On the road...

- Tell a family member or friend where you are going and the time you expect to be back.
- Stay alert at all times. The more aware you are, the less vulnerable you are.
- Run or walk with a partner and/or a dog.
- Don't wear headsets. Listen to your surroundings.
- Consider carrying a cell phone.
- Exercise in familiar areas and vary your route.
- Avoid unpopulated areas, deserted streets, poor lighting and overgrown trails.
- Run against traffic so you can observe automobiles approaching.
- Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving. If asked for directions, stay arms length away.
- Trust your intuition about a person or area.
- Call the New Albany Police (855-1234) if anything happens to you or seems out of the ordinary. If something happens that is potentially life threatening, call 911.