

SAFE's Guide to Walking & Running

Clothing Basics

- Wear comfortable clothing and shoes.
- Good shoes will provide stability and support but should not be stiff.
- Wear breathable clothing; dress in layers.
- Wear a hat to insulate your head and protect your face from sun exposure.



Walking and Running

- Plan and discuss your itinerary with someone you trust.
- Walk or run facing traffic.
- Avoid routes with bushes and dense foliage.
- Leave headphones at home. You will need your eyes and ears to identify potential problems.
- Carry identification.
- There is safety in numbers, take friends with you.
- Walk or run during daylight hours if possible.
- Make eye contact with drivers before crossing driveways or intersections.
- Obey traffic laws including stop signs.
- Pedestrians are not allowed in bicycle lanes, even while jogging or skating.

Emergencies

- Remain calm.
- Call 9-1-1 immediately.
- Be clear, brief and accurate.
- Tell the dispatcher what the emergency is and where it is happening.
- As long as it is safe, stay on the telephone to hear and respond to instructions.
- To report an emergency, but remain anonymous, dial 415/553-8090.
- For non-emergencies, contact Police at 415/553-0123.



Be Assertive & Trust Your Instincts

- Look and move with confidence and purpose.
- Do not walk with you head down, but don't challenge people either.
- Set personal boundaries, scream and cause a scene if necessary.
- Be aware of your surroundings.
- Look and listen for any suspicious activity.
- Keep your distance from strangers.
- If you feel threatened or something does not feel right, take action immediately and change the situation.
- Your instincts are your best tools for personal safety.



Nighttime needs

- Wear light colored clothing.
- Be aware of cars, especially at intersections and driveways.
- Wear reflective clothing and accessories.
- Wear a safety strobe and carry a flashlight.

