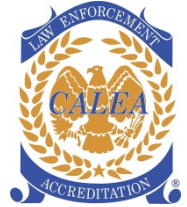




Simsbury Police Department

"In Partnership With Our Community"



Safety Tips While Walking/Jogging

Tell someone where you are going, share your route and estimated time frame

Walk/jog with some form of identification

Carry a cell phone with you

Be aware of your surroundings

Pretend you are invisible – Act as if drivers and bicyclists can't see you. Make eye contact when possible at intersections.

Walk/jog on sidewalks when available.

Walk/jog facing traffic

Be cautious for vehicle and bicycle traffic around crests of hills, corners and where the glare from the sun may impact visibility.

Avoid using earbuds so you can listen to activity around you

Wear highly visible, bright colored and reflective clothing

Walk/jog with a partner

Plan your routes to minimize crossing streets, busy intersections, or natural hazards

Notify the police if you see anything suspicious