

# Alexandria Police Department



## Jogger and Personal Safety Information

**REPORT ANY SUSPICIOUS ACTIVITY  
TO THE POLICE DEPARTMENT  
BY CALLING  
NON-EMERGENCY 703-746-4444  
EMERGENCY DIAL 911**

**INFORMATION MOST  
OFTEN NEEDED BY POLICE**

- ⇒ *What happened?*
- ⇒ *When?*
- ⇒ *Where?*
- ⇒ *Is anyone injured?*
- ⇒ *Vehicle license number.*
- ⇒ *Vehicle description.*
- ⇒ *Direction of flight.*
- ⇒ *Description of persons (including clothing).*

***When calling police with a cell phone, give your location immediately to the call taker. Caller I.D. will NOT list your location.***

1. Run, jog or walk with a known companion.
2. Run, jog or walk in a familiar area.
3. Do not run, jog or walk in a heavily wooded, poorly lighted or secluded area.
4. Particularly if running, jogging or walking alone, don't wear radio or recorder ear-phones.
5. Do not run, jog or walk after dark.
6. Do not run, jog or walk near bushes, which can provide concealment.
7. Wear bright colored clothing to improve your visibility.
8. Vary your route and pattern of running, jogging or walking.
9. Carry a whistle or high decibel battery powered personal alarm device when you run, jog or walk.
10. If followed, go to the nearest residence, open business or group of people.
11. Carry your motor vehicle and/or home key with you.

Nighttime jogging carries many risks and is best avoided altogether. If you must run at night, wear light colored or luminescent clothing for better visibility. Shoes and jackets/shirts with reflective tape are a good choice. Some joggers wear an armband with a flashing light. With fewer people on the streets at night, you may be more vulnerable to assault or attack. Make sure a friend or relative knows the route you are taking and when you'll return. Make sure to vary your route every day.

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## Jogger and Personal Safety Information

### Personal Defense Weapons

The Alexandria Police Department will not recommend that a citizen carry a weapon of any type for self defense, however you have a legal right to carry a weapon if you choose to do so. If you do, you must consider the following issues:

- I. Know and obey the law!
- II. Weapon must fit the user!
- III. Weapon must fit the situation!
- IV. Receive training - maintain proficiency!
- V. Lock it up at home - child safety!
- VI. Carry it safely and protect it from theft!

**UNDERSTAND THAT ANY WEAPON YOU CARRY MAY BE USED AGAINST YOU**



Joggers or runners often encounter what either may be or appear to be an unfriendly dog. If such an encounter does occur, the following measures are encouraged:

- ◆ When encountered by a threatening dog, the impulse is to often turn and run. This can be the worst response, however, since such movement can trigger the chase instinct in dogs.
- ◆ Stand very still and attempt to be calm.
- ◆ Don't scream at the dog and run.
- ◆ Be aware of where the dog is. Look in its general direction, but don't stare into its eyes. This can be considered an aggressive challenge to a dog.
- ◆ Let the dog sniff you.
- ◆ In a low voice say, "No! Go home!"
- ◆ Stay still until the dog leaves.
- ◆ Back away slowly until it is out of sight.
- ◆ If a dog does attack, try to "feed" it your workout jacket or other item of clothing.
- ◆ If you are knocked down or fall, curl into a ball and keep your hands over your ears and face. Try not to scream or roll around.

The information within this flyer will not guarantee that you will not be a victim. It could reduce the likelihood of you becoming a victim.