



# Campus Safety Services

## Santa Clara University

---

### **JOGGING TIPS**

---

#### **PERSONAL SAFETY TIPS**

- Jog or run with a known companion.
- Jog or run in a familiar area that is not heavily wooded, secluded, or poorly lighted. Do not jog or run near bushes which can provide concealment.
- Particularly if jogging or running alone, don't wear earphones.
- Do not jog or run after dark.
- Wear bright colored clothing to improve your visibility.
- Carry a whistle or high decibel battery powered personal alarm device when you jog or run.
- If followed, go to the nearest residence, business or group of people.
- Carry your car and/or home key with you.

#### **ENCOUNTERING AN UNFRIENDLY DOG**

- Stand 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 attacks, try to "feed" it your 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.