

When running or walking alone, remember:

CLAPS



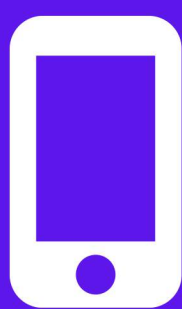
COMMUNICATE

Remember to communicate your whereabouts with a friend, family member, or housemate. If possible, let them know your route so they can easily locate you in an emergency.



LISTEN

If possible, ditch the headphones, or at the very least turn your music down. Be sure to listen so you can remain aware of your surroundings.



APPS

Make use of the emergency contact software on your phone if it's available, or download an app to keep safe whilst out and about.

If you're unable to do either of these, consider buying a personal alarm.



PREPARE

Before you go out alone, ensure your phone is charged and you know the way to avoid getting lost. It's also sensible to have a running band which can hold your ID and potentially some money in the event of an emergency



STAY SEEN, STAY SAFE

Try and stick to daylight hours. If this isn't possible, make sure you're well lit up - head torches, reflective wear, the lot! Stick to busier, well lit streets and if something feels wrong, head home.

Stay safe!

For local routes, safety tips and information on local walking and running groups, check out www.activenorfolk.org/active-outdoors