

Safety Tip!

From the Department of Environmental Health and Safety

To report a safety issue on campus, e-mail: ksouza@rwu.edu or cconley@rwu.edu

September's Tip: Running Tips for the Roger Williams University Community

Always Run Against Traffic

It's easier to avoid cars if you can see them coming. Avoid busy roads like Metacom Ave and never run across the Mt. Hope Bridge. Avoid roads with no shoulders or sidewalks. Always make sure you are crossing at a light or a crosswalk. Colt State Park and Mt. Hope Farm are two local locations that are safer alternatives for runners.

Be Visible

If you're running in the early morning or at night, even at dusk, wear yellow or orange clothes. Also, make sure you are wearing reflective items. Although some items (running shoes, jackets) already have reflective pieces on them, it doesn't hurt to add more.

Always Have Identification on You

Put your driver's license in your pocket or wear an ID tag on your shoe.

Vary Your Routes and Times

Potential attackers can study runners' routines and loom in a particularly dark or isolated area. Don't make yourself an easy target.

Run With a Buddy

There's strength and safety in numbers. If possible, try to never run alone. If you're running alone, let someone know the route you're running and approximately how long you will be out. If you are running with a buddy, run single file on roadways.

Carry a Cell Phone

You'll be able to contact police immediately if something happens to you or you notice anything out of the ordinary.

Watch Out for Bikes and Runners

Even if you're running on a path or in a park with no cars, always be aware of other runners and cyclists. Before you stop or turn around, make sure your path is clear. This advice applies to running in both daylight and darkness.

No earbuds

Make sure you leave your radio, MP3 player, or iPod at home. Cutting off your sense of hearing leaves you at a disadvantage. You can't hear oncoming cars, cyclists yelling to move, dogs, or any other potential threat.