



WALKING TIPS – DAY AND NIGHT

Walk Facing Traffic: When walking during the day or at night, if there is no sidewalk, you need to walk on the side of the road facing traffic. This gives you the best chance to see traffic closest to you and take evasive action if needed. Use the same routes used by other walkers or runners as much as possible.

Cross Safely: Remember to use the old saying to “look both ways before crossing.” It is highly suggested that you cross only in crosswalks, but even then, drivers and bikers may be turning and won’t be expecting you to be in the crosswalk. Make eye contact with any driver who may be turning. Give them a wave. Make sure they see you.

Walk Single File: Unless you are on a sidewalk separated from the road or a wide bike lane, you should walk single file. This is especially important on roads with lots of curves.

Be Visible: Wear bright colors when walking in the daytime. At night wear light-colored clothing with reflective stripes at the front, side and back or wear a reflective vest. Also, when walking at night, a lightweight flashlight comes in handy. You can also use a headlamp to keep your hands free and not stress your wrists. An LED headlamp will give you light for many more hours before replacing the battery compared to standard bulbs. Look for a model that will allow you to adjust the angle of the beam so it will focus where you need it. You can also use your cell phone’s flashlight option.

Be Predictable: Make a practice of staying on one side of the path while walking rather than weaving randomly from side to side. Watch your arm motions, or you may end up giving a black eye to a silently passing walking, runner or biker.

Electronic Devices: It may be nice to have music from an iPod or phone, but don’t drown out your environment. Keep the level where you can still hear bike bells



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and warnings from other walkers and runners. Talking or texting on a phone can be dangerous while walking. You are less likely to recognize traffic danger, passing joggers, bikers and tripping hazards.

Walk Dogs on Short Leashes: Don't trip yourself or other walkers/runners/bikers by using a leash that is too long. Keep yourself and your pet safe by using proper leash walking.

Know When to Stop Walking: Heat sickness, dehydration, cramps, heart attacks or stroke can strike walkers of any age. Learn the symptoms of medical emergencies and carry a cell phone to dial 911.

Be Aware of Stranger Danger: Choose your walking route from paths frequented by other walkers, joggers and bikers. IF you see someone suspicious, be prepared to alter your course or go into a nearby driveway or public building to avoid them. Report your suspicion to the FG Police Department or 911. Acting alert and aware can convince bad guys to choose an easier target.

"IF YOU SEE SOMETHING, SAY SOMETHING NOW!"

Revised February 1, 2022