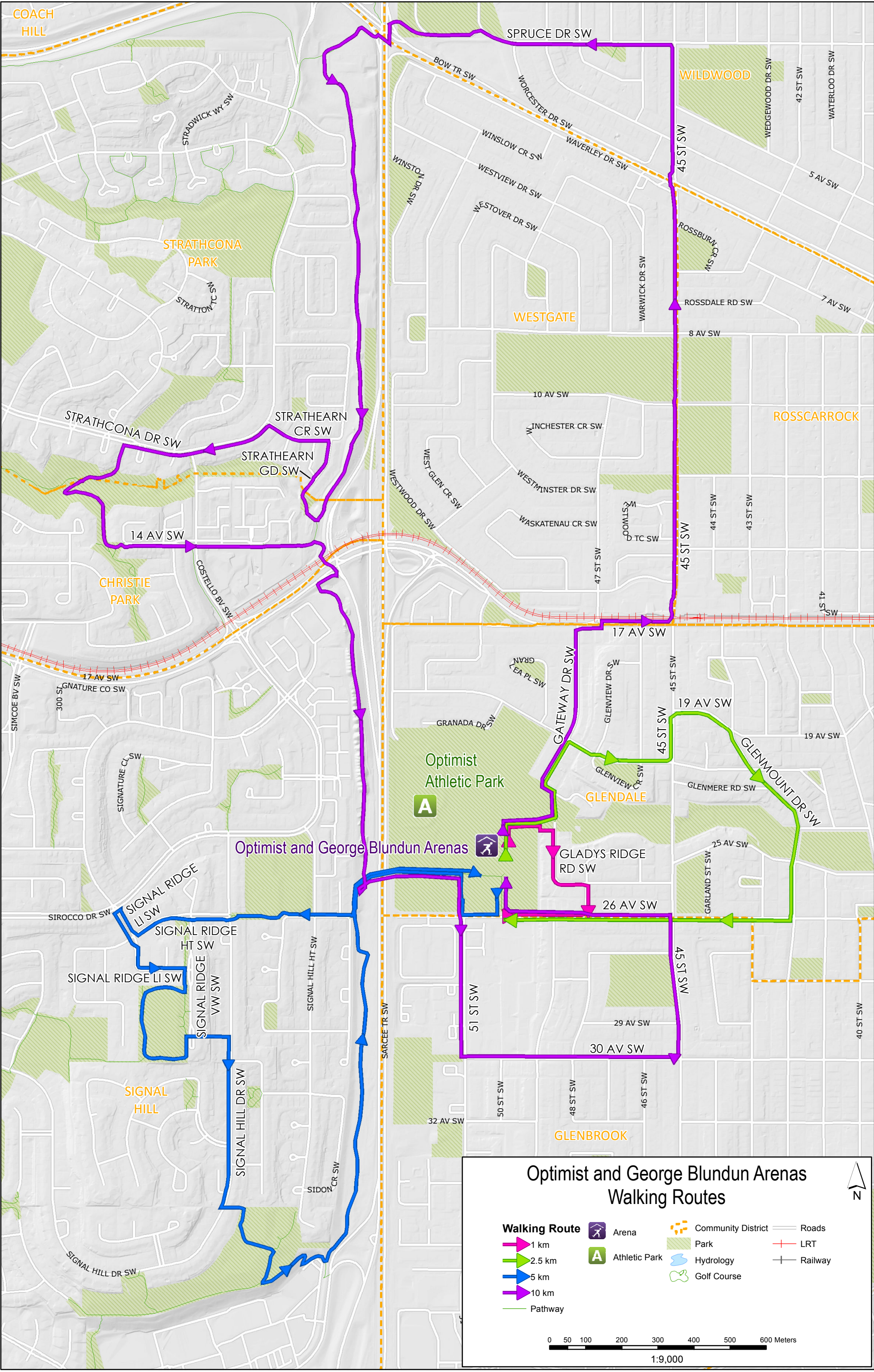






#GetMovingYYC

Walking Safety Tips

Before you hit the pavement, keep these safety tips in mind:

Face the traffic: If the walking route does not have a bike path or sidewalk and you are forced to walk on the road, always walk in the direction facing oncoming traffic.

Be Visible: Wear bright colors when walking in daytime. When walking at night, wear light-colored clothing and reflective clothing or a reflective vest to be visible. Drivers are often not expecting walkers to be out after dark, and you need to give them every chance to see you, even at street crossings that have crossing signals. Be just as cautious at dawn or twilight, as drivers still have limited visibility or may even have the setting or rising sun directly in their eyes.

Walk defensively. Don't simply assume that all road-users know about the 'pedestrian has right-of-way' rule. Many of them don't.

Carry ID: Always carry some form of identification in case of an accident or medical emergency. If you are away from home on holiday or business, make a note of the address where you are staying.

Keep right: If you're walking on a cycling or pedestrian path, always walk on the right hand side so that faster walkers, runners and cyclists can easily pass. If you're walking with one or more companions, don't hog the path and prevent others from easily overtaking.

Keep the Volume Down: Don't drown out your environment with music. Keep the volume at a level where you can still hear bike bells and warnings from other walkers and runners.

Be Aware of Stranger Danger: Choose your walking route for paths frequented by other walkers, joggers and bikers. If you see someone suspicious, be prepared to alter your course or go in to a store or public building to avoid them. Acting alert and aware can convince bad people to choose an easier target.

For winter walking, keep these additional safety items in mind:

Choose a good pair of winter boots. For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels, light-weight.

Prevent heat loss by wearing a warm hat, scarf, and mittens or gloves. Dressing in layers may also keep you warmer.