

Jogging or cycling - vary your route and time. Use well lit roads with pavements. On parkland, keep to main paths and open spaces where you can see and be seen by other people - avoid wooded areas. Using a personal hi-fi may limit your awareness to the surroundings.

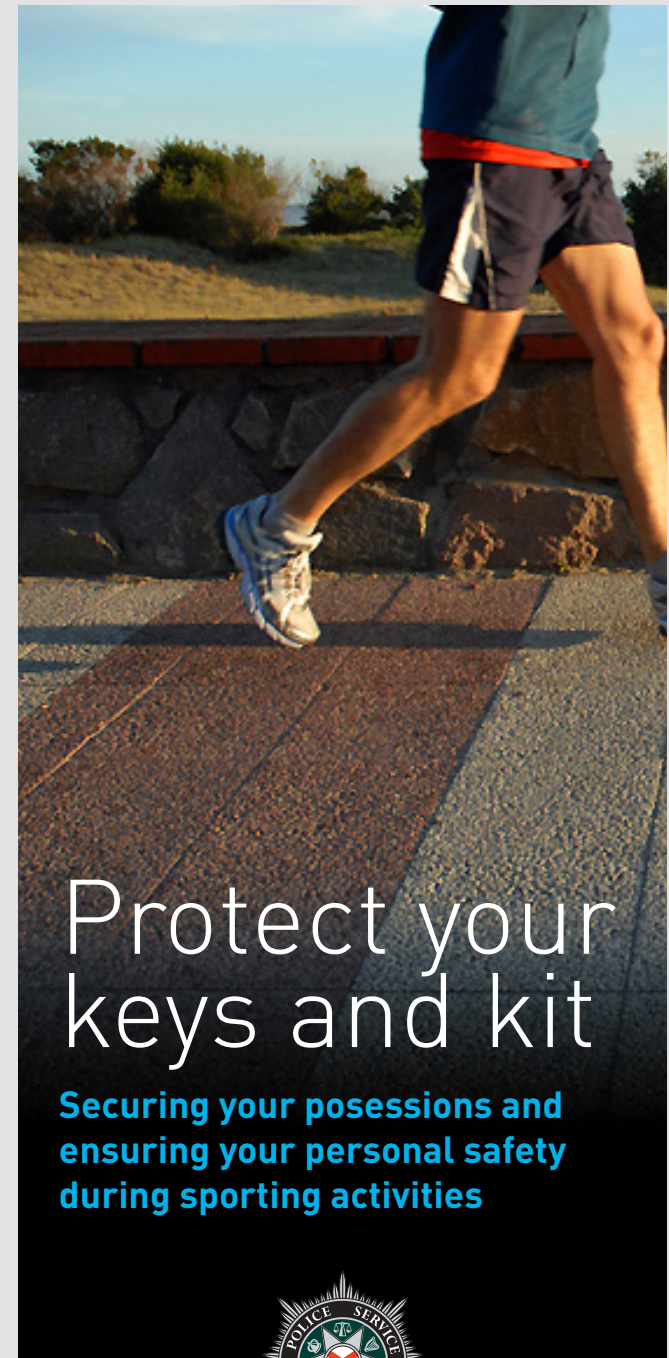
Cover up expensive looking jewellery. Carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go, do not get hurt. Your safety is more important than your property.

Self-defence/safety awareness classes may help you feel more secure, but Remember - Flight not Fight!

Arrange transport home in advance. Do not go out alone and don't get isolated from your friends. Stay in well-lit areas and don't wander into areas you are unsure of.

Never leave your drink unattended or accept a drink from someone who you don't know or trust. If you feel drunk, dizzy or disorientated seek help from a trusted friend or a member of bar staff.

For further information visit
www.psni.police.uk
or call the non-emergency number **101**
and ask for your local Crime
Prevention Officer



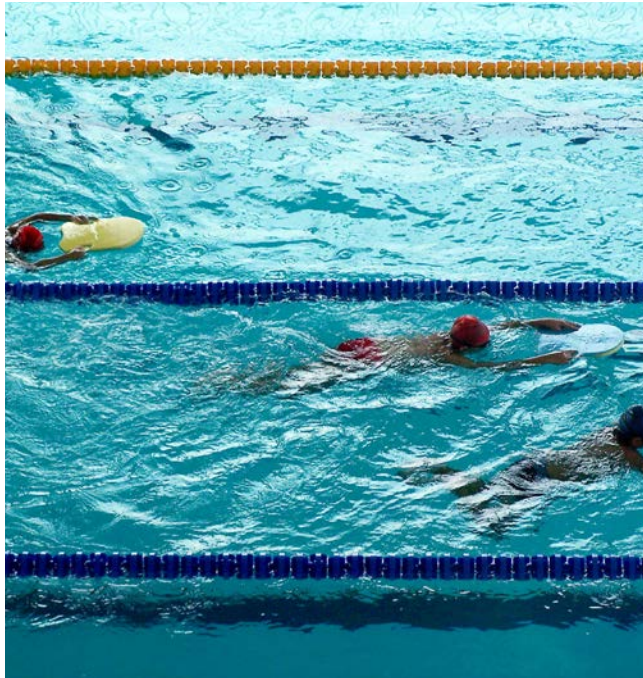
Protect your keys and kit

**Securing your possessions and
ensuring your personal safety
during sporting activities**



Prevent thefts at leisure centres

- When possible leave valuables at home.
- Never bring more personal items or cash than you need.
- Where available, use the small secure lockers in the reception area to store your small valuable items.
- At the sports facility, consider carrying your car-keys/wallet/purse with you.



- Use changing lockers if provided and be sure to lock clothing in your locker.
Remember these lockers only offer limited protection.
- Never leave your bag unattended.
- Don't advertise your valuables, keep them out of sight in your closed sports bag.
- Property mark valuables that you frequently carry with you.
Postcode marking 'BT12 7FN ; 613 ; PC'
(Postcode; House No; Initials).
Remember, visible and traceable marking is more likely to reduce thefts.
- Report any suspicious behaviour to management.

Outdoor activities and socialising

When walking alone carry a personal attack alarm. Carry it in your hand so you can use it immediately to scare off an attacker. Make sure it is designed to continue sounding if it drops or falls to the ground.

Don't take short cuts through dark alleys, parks etc. Walk facing the traffic, so a car cannot pull up behind you unnoticed. Don't hitchhike or take lifts from strangers.

