

Walking, Jogging, Skating and Biking Safety

When it comes to walking, jogging skating and biking, safety is the buzzword. By observing these 10 basic guidelines you can cut the risks dramatically.

Unfortunately, because of crime and traffic, it is imperative to observe certain rules of safety and etiquette whenever you go out for a walk or bike ride particularly before sunrise or after sunset.

Face the traffic: If your walking routes do not have bike paths or sidewalks and you are forced to walk on the road, always walk in the direction facing oncoming traffic.

Dress correctly: If you are training when it is still dark, ensure that you are dressed to be seen. Drivers at night or early mornings are rarely on the lookout for walkers, so you need to advertise your presence as vividly as possible. Wear light-colored or reflective clothing like shocking-pink or brilliant orange. Many brands of walking shoes have reflective material on the heels, and tracksuits, bibs and rain suits can now be purchased with reflective strips. Reflective belts are also extremely useful as they are easily noticed by drivers, and can be worn with little or no discomfort. The worst type of clothing to wear while training in the dark is a blue, black or navy tracksuit or T-shirt, which renders the walker virtually invisible to traffic. If you don't have reflective gear or light-colored clothing, pull a white T-shirt on over your tracksuit.

Never walk alone: If at all possible, walk with a training partner. Not only does this increase your safety while walking; it also makes your training so much more enjoyable. In the absence of a training companion, always tell someone which route you will be walking and what time you expect to return.

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

Lose the jewelry: Leave the valuables back home. I am always aghast at how many individuals go out walking literally dripping with jewels. The only accessory you need is a wristwatch with a stopwatch function.

Vary your routes: Don't establish regular patterns by walking the same route at the same time every day. Keep one step ahead of any would-be muggers by randomly varying your routes and the times that you go out. Not only is it safer, but it's a lot more interesting!

Self-defense: Some individuals carry hand-held spray devices that contain mace or something similar. These are designed to fit comfortably in your hand, are very light and easy to use. Just make sure that if you do need to use it, the wind is not blowing into your face at the time.

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.

Leave the Walkman at home: That way you will be alert to any potential dangers, be it a dog, a fast-approaching car, or the sound of other people around you.

Living in Florida, even as a seasonal resident, can make one feel it is summertime year round! And, the weather makes many of our favorite outside activities available almost every day. So, we need to be certain we are PREPARED for SAFETY when we go out to take part in these activities.

Abbey residents can find bright colored, lightweight safety vests, many with reflective tape for even better visibility, helmets for biking and skating, headlights for bikes and many more safety items on the internet and at local merchants around the village and in Delray Beach and surrounding communities.



\$1.69

WebstaurantStore.com



\$4.57

eSafetySupplies.com

Have a wonderful SUMMER DAY, everyday!