

Safety Checklist

Walking To and From Events

- Follow the law: Follow the federal laws as it relates to alcohol, illegal drugs and controlled substances.
- Travel in groups: Whenever possible, walk with friends, especially at night or in less populated areas. There's safety in numbers and having companions can also make walking more enjoyable.
- Stay on well-lit paths: Stick to well-lit and populated routes, especially when walking at night. Avoid shortcuts through dark or isolated areas.
- Be cautious of traffic: Follow pedestrian rules and use crosswalks when crossing streets. Always look both ways and make eye contact with drivers before stepping into the road.
- Wear appropriate footwear: Choose comfortable, well-fitting shoes with good traction to prevent slipping and provide support.
- Check the weather: Be aware of weather conditions before heading out. Dress accordingly and consider carrying rain gear or sun protection as needed.
- Stay alert: Keep your eyes and ears open while walking. Avoid distractions such as texting or listening to loud music, as they can prevent you from noticing potential hazards.
- Obey traffic rules: If walking near roadways, use crosswalks, obey traffic signals, and look both ways before crossing. Make eye contact with drivers to ensure they see you.
- Walk facing traffic: If there are no sidewalks, walk on the side of the road facing oncoming traffic to increase visibility.
- Use pedestrian bridges or crosswalks: Avoid jaywalking and use designated crossings whenever possible.
- Be visible: Wear bright or reflective clothing, especially when walking at night, to increase your visibility to drivers.
- Trust your instincts: If something feels unsafe or uncomfortable, trust your instincts and alter your route or seek assistance if necessary.
- Carry identification: Always carry some form of identification and emergency contact information in case of an accident or emergency.
- Stay hydrated: Bring water with you, especially on longer walks or in hot weather, to prevent dehydration.
- Watch out for uneven surfaces: Be cautious of cracks, potholes, uneven sidewalks, or other obstacles that could cause you to trip or fall.
- Be mindful of pets: Keep an eye out for dogs or other animals and give them space if needed to avoid confrontations.

