

***MARIETTA POLICE
PERSONAL SAFTEY for
HIKERS / RUNNERS***



Community Outreach Unit





MARIETTA POLICE

THINGS TO THINK ABOUT BEFORE YOU LEAVE YOUR HOME

- **DON'T GO ALONE**
- **LEAVE A NOTE**
- **KNOW YOUR ROUTE**
- **CARRY YOUR CELL PHONE**

Know your location

Stay on the line

Report suspicious activity / person / vehicle



MARIETTA POLICE

BE AWARE OF YOUR SURROUNDINGS

- **CHECK AREA FOR SUSPICIOUS PERSONS**
- **ARE THERE ANY SUSPICIOUS VEHICLES**
- **CONDUCT A 360 SURVEY**
- **HAVE A PLAN IN MIND (flight or fight)**



MARIETTA POLICE

TIPS WHEN APPROACHED

- **MAKE EYE CONTACT**
- **LOOK CONFIDENT**
- **SPEAK LOUD AND CLEAR**
- **DON'T APPEAR NERVOUS**
- **DO NOT BUILD A RAPPORT**



MARIETTA POLICE

IF SOMEONE FOLLOWS YOU ON FOOT

- **WALK OR RUN TOWARD LIGHT**
- **WALK OR RUN TOWARD PEOPLE**
- **IF NEED BE, SCREAM AND RUN**
- **YELL FOR HELP**
- **PROTECT YOUR SAFETY**





MARIETTA POLICE

IF ATTACKED

- **USE THE TOOLS THAT YOU ALREADY HAVE**
 1. **KEYS**
 2. **HEALS**
 3. **MACE**
 4. **PURSE**
 5. **VOICE (SCREAM)**
 6. **PUT UP A FIGHT AND RUN AS SOON AS POSSIBLE**



MARIETTA POLICE

IF ATTACKED

- **NEVER LEAVE PRIMARY LOCATION WITH AGGRESSOR**
- **NEVER GET IN A CAR WITH AGGRESSOR**
- **DO NOT ALLOW AGGRESSOR TO GET CLOSE ENOUGH TO PUSH YOU THROUGH A DOOR**



MARIETTA POLICE

HELPFUL TIPS

- **CALL 911, WE WILL ASSIST YOU TO THE CAR AND OR FRONT DOOR**
- **CALL 911 IF SOMETHING LOOKS SUSPICIOUS**
- **TRUST YOUR INSTINCTS**
- **ALWAYS GO WITH A FRIEND**



MARIETTA POLICE

PROTECTIVE DEVICES

- **KEYS**
- **WHISTLE**
- **PEPPER SPRAY**
- **TASER**
- **STUN GUN**





MARIETTA POLICE

- ***Plan your journey, know your route.***
- ***Look confident.***
- ***Avoid taking risks.***
- ***Never assume it won't happen to you.***



MARIETTA POLICE

QUESTIONS & COMMENTS



MARIETTA POLICE DEPARTMENT