

Safety Matters – Every Single Time

<p>Before Going Out</p>	<p>Check the weather . . . Rain? Run! Walk! Heat? Take extra water ! ! Lightening? Thunder? DON'T GO ! ! !</p> <ul style="list-style-type: none"> • W4MTP does not meet during lightening and thunder – Visit www.womenstrainingprogram.com or WCAV-TV (Channel 19) - CBS (cable channel 3) for announcements <p>Dress appropriately . . . Hot or humid? Wear lightweight, light colored, loose-fitting clothes Dusk, dawn, rain? Wear bright reflective clothing Check the condition of your gear, AKA your SHOES</p> <p>Tell someone your route and expected return time, especially if you go solo</p>
<p>While Out There</p>	<p>Be Prepared & Cautious . . . Walk at least ¼ mile to warm up Walk or run with a buddy Use sidewalks where available On the road go in single-file formation, face the traffic, pass carefully DO NOT use headphones (be fully aware of your surroundings) Vary your routes to decrease predictability for attackers Carry cell phone and take ID (or write name in shoe with permanent marker)</p> <p>Be aware of your environment . . . Keep an eye on the weather Watch the traffic (Assume drivers aren't aware of you) Look BOTH WAYS before crossing streets and obey traffic signals. Stay alert to obstacles around and in the terrain of your route Look for suspicious characters; make eye contact; have a plan in case you are approached</p> <p>Be aware of your body . . . Prevent injuries -- listen to your body and know your limits Signs of heat exhaustion and heat stroke including, but are not limited to: headaches, light-headedness, weakness, moist skin, confusion, upset stomach, dry hot skin with no sweating Signs of dehydration including, but are not limited to: loss of energy, decreased performance, muscle cramps</p> <p>Sore muscles and joints are to be expected. Continue with your workout.</p> <p>Pain in the joints (ankles, knees, or hips) or low back and feelings of pelvic pressure. Discontinue your workout until approved by your physician</p>
<p>When Finished</p>	<p>You aren't finished until you . . . Cool down (walk about ¼ mile) + Stretch + Hydrate</p>