



Joggers often encounter an unfriendly dog. If such an encounter does occur, the following measures are encouraged:

- Stand very still and attempt to be calm.
- Don't scream at the dog and run
- Be aware of where the dog is. Look in its general direction, but don't stare into its eyes. This can be considered an aggressive challenge.
- Let the dog sniff you.
- In a low voice say, "No. Go home."
- Back away slowly until it is out of sight.
- If a dog does attack, try to "feed" it your jacket or other item of clothing.
- If you are knocked down or fall, curl into a ball and keep your hands over your ears and face.
- Try not to scream or roll around.

**Published by the  
Tulane University Police Department**

---

Please pick up one of our other helpful brochures:

- Area map of Tulane Health Sciences Center Campus
- Street Sense
- Jogging Safety
- Bicycle Safety
- TUPD Escort Policy

TUPD also routinely offers RAD (Rape Aggression Defense) classes to assist women in protecting themselves against male attackers. For additional information please visit our website: [www.tulane.edu/police](http://www.tulane.edu/police), or by phone at: (504) 865-5381. Inquiries can also be made at any TUPD office location.

## Jogging Safety

**Tulane University  
Police Department**



**General Service:**

**(504) 988-5531**

**(504) 865-5381**

**Emergency**

**(504) 988-5911**

**(504) 865-5911**

**Off-campus Emergency:**

**911**

**While on the Road**

## While on the Road

- Run facing traffic whenever possible
- Stay on the sidewalk. It is difficult to see runners on the road. The biggest threats to runners are vehicles driven by people who don't notice them.
- When crossing the road, always look three times to make sure that the road is clear. First look for traffic coming from the direction closest to the curb, then look the other way and, finally, check again for traffic in the lane closest to the curb.



- Jogging or running with a radio, IPOD or other music player can be dangerous. Always adjust the volume so that you are not oblivious to car horns or shouts to "Watch out!" Some serious injuries can be avoided given a moment's notice of an onrushing vehicle.

- If a car appears to be following you, jog calmly into a public building and try to get the license number of the offending car. If the driver reacts in such a way as to indicate that you were or are being followed, call the police. If you are far from any public building, a residence can be used as a refuge of last resort.
- Don't skimp on the stretching before your run. Why is this a safety issue? Because stretching can alert you to a pull or a strain beforehand and will minimize the risk of pulled muscles during your run. Therefore, you will have reduced the risk of having to stop in the middle of nowhere.
- Dress appropriately and stay well hydrated. Keep liquids with you.
- Always try to be aware of your surroundings. This will help to prevent injury and will help you avoid becoming a victim of crime.
- If attacked by a mugger, DON'T RESIST! Stay as calm as you can and get the best possible description of your attacker. Follow the most recent instructions the robber has given and

do not argue. (See our STREET SENSE brochure for more information.)



- Report all crimes as soon as safety permits.
- Keep a cell phone with you at all times so that any injury or criminal activity can be immediately reported.
- Avoid running or jogging in darkness. If you must, always wear clothing with reflective articles. At the very least, wear light colored clothing.