



SAFETY GUIDANCE FOR WALK ZESTERS

As you prepare for your group or solo walks as well as any other kind of outdoor activity, kindly consider the following precautions:-

- 1) Plan your route and tell someone where you will be. Let your family or friends know when to expect you back and make sure they know your exercise route. Provide them with the contact number of at one Walk Zester point of contact.
- 2) Carry a cell phone at all times. Make sure the battery is adequately charged should you need it.
- 3) Carry identification. Take along a driver's license or some sort of ID. At the very least, make sure you name, phone number and emergency medical information (if necessary) is accessible e.g. printed inside of your shoe or on a card in your pocket.
- 4) Don't wear unnecessary jewelry or hold excessive cash on you. Refrain from taking you ATM card(s) along. These actions can help reduce your risk of being targeted for a robbery.
- 5) Dress to be seen. Where possible, wear reflective materials and bright colors/prints so drivers can see you easily.
- 6) Wear You Walk Zest T-Shirt – This is especially important on group walks. The wearing of the Walk Zest t-shirt is not mandatory for the group walks, however it is strongly recommended. Apart from helping to raise awareness about the network, more importantly it acts a form of personal and group security. It tells others that 'you are not alone'. Chapter Coordinators are particularly required to wear their Walk Zest t-shirts as they are a reference point on the group walks.
- 7) Traffic - Move against traffic on your workouts so you can see oncoming cars.



Beware of drivers. Do not assume that drivers know when pedestrians have the right of way. Walk with awareness and caution, assuming that no drivers see you. Be especially cautious of driveways as most drivers are watching for oncoming cars, not walkers.

8) Stay clear of parked cars and bushes along the side of the road. Use caution if anyone in a vehicle stops and asks you for directions. Remain at least a arm's length away even if you choose to answer.

9) Keep to walking routes that allow you to be visible to members of the public and are as well lit as possible. Avoid shortcuts or paths that are isolated, unlit or bushy.

10) As much as possible, avoid deserted areas or street especially if you are exercising alone.

11) Walking While It Is Still Dark. Be careful if solo walking while it is still dark. You might want to wait till daylight breaks unless you are in a secured environment e.g. an estate or gated environment. There is safety in numbers, so where/when possible, exercise with others.

12) Stay Alert. You are the most vulnerable to potential attack when you're lost in your thoughts and not paying complete attention to your surroundings. Look ahead, to the sides, and turn to watch behind you every once in a while. Be aware of any suspicious people on your route.

13) Obey your gut feelings and trust your intuition. If you are uneasy about a person or a location along your route, trust your feelings and avoid what is making you anxious. If you think you're being followed, change direction immediately and head for a safer environment.

14) Wearing headphones. Listening on your headphones does restrict your



hearing and may distract you from what's happening in your environment. Wearing headphones can prevent you from actively hearing an oncoming car or potential attacker. At a minimum, just put one headphone in and leave the volume down low.

15) Change/alter your route periodically. The less predictable you are, the less likely it is that someone else can learn your habits or follow you. This is particularly important advice for solo walkers depending on your environment.

16) HAVE A 'HELP' NUMBER SAVED. Ensure that you have a number saved under 'Help' in your phone. It will save time in a panicky situation. Also note the Lagos State Emergency Numbers: 112 & 767. Save these numbers in your phone.

HEALTH MEASURES:-

- i) Remember to drink plenty of water to avoid dehydration
- ii) Head Cover: Preferably, wear a hat to protect you from the sun.
- iii) Use Sunscreen. Wear sunscreen if walking during the day to protect your skin;
- iv) Exfoliate Regularly. Because you are exposing your skin to the elements, it is a good idea to exfoliate (facial and body scrub) to clear your skin pores and rejuvenate your skin.