

TRAIL SAFETY

POLICE DEPARTMENT
ARLINGTON COUNTY • VIRGINIA •

Arlington County as more than eighty miles of multi-use trails and designated bike routes. Here are a few safety tips to help keep you safe while enjoying Arlington's trails:

1. Run with a partner

Run with a partner or group whenever possible.

2. If you're using headphones, only put one in

Make sure the music from your device isn't too loud so that you can hear people passing or approaching while you enjoy the trail.

3. Be aware of your surroundings

Run in well-lit areas and be mindful to schedule runs during times with higher foot traffic. Let someone you trust know where you'll be and when you plan to arrive home.

4. Carry your identification

Carry identification that includes your name, phone number, pertinent medical information and emergency contact.

5. See and be seen

The days may be getting longer but reflective gear increases yor visibility to others along the trails.

6. Know your route

Prior to using a new trail, take the time to familiarize yourself with the trail and plan your route. Be mindful of your location at all times.

7. Carry your cellphone with you

Not sure if what you saw adds up to a crime? Let us decide! Report suspicious activity to the non-emergency number at 703-558-2222.