

FEBRUARY 2018



Raleigh Police Department Community Newsletter

This newsletter is produced by the Public Affairs Unit of the Raleigh Police Department. It provides Raleigh citizens with crime prevention tips, seasonal information, and upcoming RPD community activities.

The new year and the return of longer days makes many people eager to begin or get back into an exercise routine. Exercise increases your endorphins and helps with stress relief. That stress relief can quickly evaporate when you find that your belongings have been stolen while you are working out.

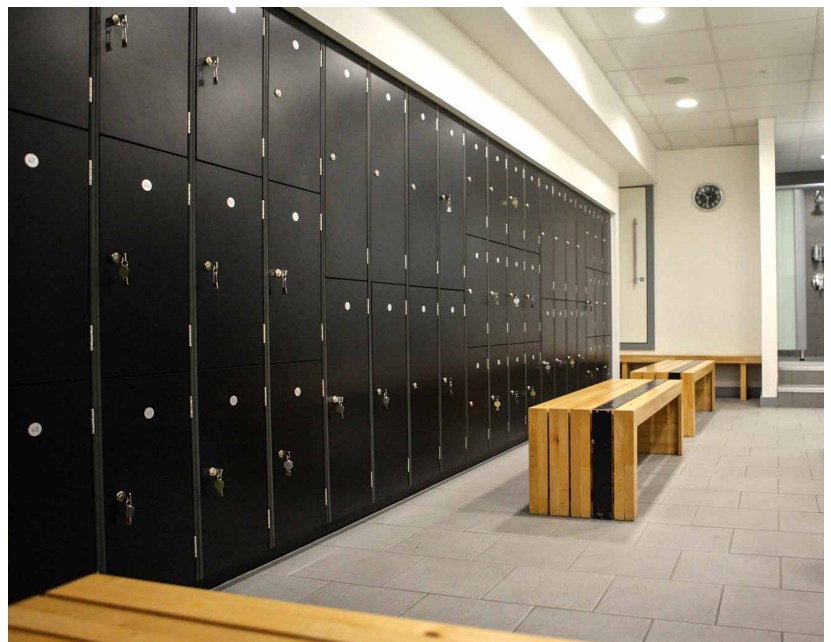
The Raleigh Police Department is reminding fitness enthusiasts tackling their New Year's goals to exercise safe judgment when visiting your local gym or taking advantage of the springtime temperatures by taking your workout outside. This edition of the RPD Community Newsletter features tips to keep you and your valuables safe while you are working out. Please share this information with family, friends, and neighbors.

KEEPING YOUR VALUABLES SAFE AT THE GYM

While going to the gym can be fun and healthy, it can instantly become a stressful time when you don't properly prepare. Before you grab your things to workout, review these tips to keep your property safe and secure.

- Take in only what you absolutely need.
- Leave your wallet and mobile phone in your car, secured in the trunk. Don't leave valuable items visible where people can see them!
- Choose a locker near the end of the row where it can be seen by more people and will be less likely to be tampered with.
- If you use your own lock to secure your property, don't make it a cheap one (i.e., don't use a \$5 lock for a \$300 phone).
- Consider buying a belt or fanny pack to keep your valuables with you while you workout.
- If your property is stolen, report it to the police right away so that it can be compared to information from similar incidents.

Practice good safety habits while visiting the gym. Even when stepping away for just a moment, lock it up and stay safe!



Please call 911 if you have experienced a crime or if you want to report any suspicious activity.

BE SAFE WHEN EXERCISING OUTSIDE

Longer days and warmer weather tend to get people moving outside. Here are some tips on how to keep yourself safe while taking your exercise routine outdoors:



- Be aware of your surroundings.
- Be aware of other users of the trails or sidewalks, whether they are ahead of you or approaching from behind.
- Carry a well-charged mobile phone.
- When wearing headphones, be sure to keep the volume to a level where you hear other users approaching and/or if they would like to pass.
- Make plans to go in a group or with at least one other person.
- Report suspicious persons/activity when you see it.
- Use trails only in daylight hours.
- Securely lock private vehicles. If valuables are left in a vehicle, place them in a location that is out of sight.
- Alter your route/times of days.
- Let someone know you are going out for a run/walk.

APPLICATIONS ARE NOW BEING ACCEPTED FOR THE NEXT CITIZENS POLICE ACADEMY CLASS!



Sessions will be held
Thursdays from 6:30 to 9:00 p.m.
from April 5 - June 7, 2018

For more information, including an on-line application, search "Citizens Police Academy" at raleighnc.gov, email rpdcitizensacademy@raleighnc.gov, or call 919-996-1586.



APPLICATIONS ACCEPTED THROUGH MARCH 9, 2018