

# Ready for a run?

Here are some tips to remember to avoid dog bites and attacks while running:



Be aware of your surroundings, including any free roaming dogs.

You cannot outrun a dog.

No matter how fast you run, dogs can still catch up. Do not turn your back on a dog coming towards you.



Don't run alone (if possible). If you have to run alone, keep a mobile phone with you.

Slow down when running past dogs.

Just walk, don't run. This can avoid drawing attention as a target. Don't carry treats.



Try to run at certain hours in the day.

If possible, choose daylight and times when dogs are most likely not out in the streets.

