

## PEDESTRIAN SAFETY FOR JOGGERS AND WALKERS

Summer time brings with it an increase in outdoor activities such as jogging and walking. These require greater interaction with traffic and participants must remember their obligation to traffic safety. Joggers and walkers can improve their own safety by:

- Using sidewalks rather than jogging/walking in the roadway.
- Where no sidewalk exists, pedestrians should walk on the extreme left side of the roadway facing approaching traffic. This allows the pedestrian to observe vehicles and take evasive action if necessary, not relying solely on the driver of the vehicle to identify potential hazards or conflicts.
- If walking on a roadway, pedestrians should walk single file, especially when vehicles approach. Due to other vehicles on the roadway, a driver may not feel able to move closer to the middle of the road to by-pass them.
- Wear reflective vests or accessories at night.
- Cross at crosswalks.
- Do not step into the roadway from between vehicles.
- Do not step into the roadway to cross, even if within a crosswalk, if approaching vehicles are so close that a driver could not safely yield.
- **Pedestrians** in a roadway not within a crosswalk or in unmarked crosswalk at an intersection **must yield** the right of way **to all vehicles** upon the roadway.
- Plan walking or jogging routes away from high traffic or congested areas.