

Safety While in the Park

A trip to a public park can be a fun and exciting time. Whether it's a quick adventure to a local spot where your kids can play, or a big outing to a national park, people all over the United States enjoy taking a little time to enjoy the many benefits a park has to offer. It is, however, important to be prepared and plan ahead for safety.

Adult Safety

Although some people may only think of parks as being small play areas for children, they are great for grown up as well. Adults use them for walking, jogging, hiking, sightseeing and many other purposes. Nothing could ruin a good experience like this faster than running into some type of predator.

Larger outdoor parks may have wild animals to watch out for, and any park could contain a human predator. Every day people head out to go jogging in a park either before or after work, and criminals know that could be a good time to find someone when they are alone and not paying enough attention to their surroundings. Law breakers watch for easy targets; people who are isolated, vulnerable and easy to take by surprise. That makes it important to always be extra cautious. Try to avoid areas that are dark, or have obstacles that someone could hide behind. Criminals like to take advantage of secluded areas where they can hide and surprise a potential victim. Take in everything that is around you, and try not to look lost, confused or timid. These are all traits that aggressors like muggers and thieves look for, but if they see someone who is actively aware of their surroundings, confident and possibly the type to fight back, chances are they will leave you alone.

Some criminals may not be discouraged no matter what they see, so you may also want to consider carrying a self defense weapon, especially when you go out alone. A non lethal device such as a pepper spray canister or stun gun is perfect for your personal protection. They can be used to stop an assault, and stun your attacker long enough for you to get away safely. Before carrying any type of weapon, make sure you know how to use it properly, and remember that you must keep it close by. If you find yourself the victim of an attack, you will only have a split second to react.

Keeping Kids Safe

Children enjoy a day at the park. They like to run around and play, but it is essential to keep a watchful eye on them and make sure they are close by at all times. Predators often use parks as a place to hide and watch for potential victims, and a kid who has strayed far away from adult supervision is an easy target. Go into the play area with your younger children, or sit and watch nearby. If your child gets far enough away that you could not get to them quickly, either move or call them back over to you.

Another great way to keep children safe in a park is to give them a personal alarm that emits a high pitched squalling noise when activated. You can choose a model that the child can turn on whenever he or she feels threatened, or one that automatically starts up anytime they move out of a specified distance from you. It will let everyone around know that something is wrong, and draw immediate attention to your child.

Be Prepared

Even if you're only going to a park that's down the street from your home, it's important to be prepared. Always take a phone with you in case you need to make an emergency call. If something happens and you need to dial 911, you will want to have a cell so you can call immediately. If you are going to an area where you may be alone, especially after dark, you may want to take a self defense weapon or personal alarm to protect yourself and notify others that you are in danger.

A crime or an emergency can happen at anytime, so always be ready for everything. Take a few precautions in advance, remain well aware of everything that's going on around you and have a great time at the park.