

JIMMY FUND WALK

**YOUR
WAY**

JIMMY FUND WALK SAFETY TIPS

Our top priority is the health and safety of our participants. That's why we want to ensure that wherever you're walking, you keep in mind the following safety tips:

Stick to a route you know well and have walked before. The traditional Boston Marathon route will not have any of the usual safety measures in place. We strongly discourage you to walk this route.

Walk during daylight hours, if possible. If you're walking early in the morning or in the evening take a headlamp or flashlight and wear something highly visible or reflective.

Bring plenty of water, snacks and plan ahead for bathroom breaks.

Remember to bring sunscreen, bug repellent and re-apply throughout the day.

Stick to sidewalks and avoid walking in the road.

Only walk if you feel fit and well, and stop if you become unwell.

Ensure someone knows where you are going and when you are due back.

Take your phone with you on your walk so you can call 911 for assistance if you need it.

Write down the name and phone number of an emergency contact on the back of your bib.

