



Be Defensive in the Battle Against Gym Locker Theft

Consider these valuable tips when in or outside a Health Club

While shedding off the pounds remember:

- Be alert and be aware of your surroundings while performing your workout routine
- Be mindful of shallow pockets. Wallets, cell phone and keys often slip out. When they become exposed they present a perfect opportunity for a thief.
- During an intense workout most people focus on stimulating aids such as loud music, and/or their favorite TV shows, don't drop your guard.
- Be mindful that you are not in the comfort of your home; opportunists often target people who are preoccupied.

Caution: While in the locker room, security cameras are not allowed and the perpetrators know it.

- A few seconds is more than enough time for unattended property to get stolen.
- Be wary of distractions. At times a perpetrator may not be alone; diversion is a common ploy used to remove one's belongings.
- Leave valuables at home, when possible.
- Don't leave valuables in your vehicle while at the gym.

Safety Guidelines may rest with the health club/Gym owners but members should be aware of following:

- Does it appear at first glance that the health club is security conscious?
Ensure the following:
 - The area where the health club is situated is well lit.
 - The health club is equipped with good security cameras.
 - Parking area is not isolated and is well lit with cameras.
 - When you look around - do you feel safe or nervous?
 - Use a locker area that is being monitored by security personnel at the health club facility.
 - Types of suggested lockers may include both keyed lockers and those with external locks, such as padlock or combination locks

**While freshening up before/after your workout, NEVER
Leave your belongings UNATTENDED.**



**Handbags and cell phones left unattended create an opportunity
for others to take what doesn't belong to them.**