

SAFETY TIPS

Reactionary Gap

Understand your limitations

nform law enforcement of suspicious situations/persons

Zig zag movement

Confidence (even if you have to fake it)

Options

Never underestimate your abilities!

Strikes

Use what's available

Look for an outlet

Train, distract & get away

Aware of your surroundings

 ${\color{red}N}$ oise- make noise & yell, not scream

Trust gut instincts

Survive!

STAY SAFE