

# Safety Tips for Fitness Facilities



Now that the holiday season has passed we will see the gyms and health clubs with more activity. With the increase in activity we will also see the opportunity for thefts to rise too.

## Before You Go

Take a friend to the gym with you. Gym partners can motivate and keep you safer.

Plan your workouts before you go to the gym. You should be focused on minimizing the time and the opportunities of being victimized.

## In the Parking Lot

Install an alarm on your vehicle.

Clean out your vehicle and don't leave valuables in sight.

Lock your car door and roll up the windows. Don't forget to set the car alarm.

Park in a well lit and visible area.

## At The Gym

Only bring items that are necessary (membership card, ID, towel, water)

If you must bring in electronics, bring only what you can only afford to lose (old mp3)

Invest in a sturdy lock for your wall locker.

Be respectful but alert in the locker room. If something seems suspicious, report it to staff.

Keep your pockets light, but do frequent checks of your property. Don't lose track of items because of a workout.

Be alert of members who follow you from area to area . They might be targeting valuables .

If another member is bothering you, report it to staff. If your immediate safety is threatened please call 911.

For more information please contact:

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