



GET TRAINING – We think EVERYONE should have some formal self-defense training from a reputable source. It doesn't have to be a ten-year martial arts black belt course, thought that would be very useful in some circumstances. Training helps you to prepare for an unexpected threat, and it offers you options in responding to any threat.

PERSONAL ALARM – Everyone should carry a personal alarm with them at all times. This small device emits a piercing sound when activated and may dissuade an attacker, and attract assistance at the same time.

PEPPER SPRAY – Consider carrying and training in the use of pepper spray. Pepper spray can be a very effective self-defense tool in a bad situation, and may give you enough time to run to safety.

CONDUCTED ELECTRICAL DEVICE – CED's (more commonly known by the brand name TASER) offer another effective defensive tool in a bad situation. Again, they require training to use them effectively in a stressful situation.

DISCLAIMER

Every effort has been made to ensure the accuracy of the information provided and discussed in this brochure. At the time of printing and presentation this material is, to the best of our knowledge, accurate however sometimes anomalies, omissions, and factual errors may exist. This brochure may be modified at any time without prior notice either in part or in full.

Community Patrol Service is a not-for-profit group run entirely by unpaid volunteers.

CONTACT US

Chief Ken Craig

CommunityPatrolService@gmail.com
415-260-6239

Visit us on Facebook at
Community Patrol USA



COMMUNITY PATROL SERVICE

EZ-DEFENSE PROGRAM

DRIVING SAFETY



*“Building Safer Neighborhoods by
Collaborating on Community Safety
and Security”*

ESTABLISHED IN 1998

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- Take care of the obvious, but often forgotten – tire pressure, tire tread, brakes, and service your vehicle regularly so that it operates optimally.
- NEVER drive under the influence of alcohol, drugs (prescription or not) or any other substance that may affect your ability to react or interpret evolving road situations or conditions. Better to grab a cab or wait a few hours, than spend days in hospital or in a jail cell – or worse.
- Drive within the limits of your vehicle and your driving ability. The majority of fatal accidents occur when drivers exceed their own, or their vehicles, capacity or ability.
- Focus entirely on the road and what other road users are doing. Avoid ALL distractions, including passengers, cell phones, and even the vehicle radio.
- Always drive defensively, looking well ahead to identify possible trouble spots. Use your mirrors to be aware of what is happening around you as you drive, and use your turn signals early enough to alert other road users to your intentions.
- If you seem to have offended someone in another vehicle, try to apologize even if you don't think it was your fault. Leave the incident as quickly and safely as possible.
- In road rage cases, try to take an alternative route that leaves the aggressor on the old route, and call 911 as soon as possible.
- If a road rage aggressor tries to force you off the road or cause a collision, slow down and/or back off to try to avoid contact and reduce the risk of injury if a collision occurs.
- If an aggressor does collide with your vehicle to the point where your vehicle is disabled or forced to stop, remain in your vehicle with the doors locked and windows up. Turn your hazard lights on and report the collision to 911. Wait until Police arrive before exiting your vehicle if you feel threatened.
- If an aggressor brandishes any type of weapon while you are driving, slow down to let them pass you, pull off the road or to the side to let them leave and avoid paralleling their vehicle. Call 911 immediately to report the incident and provide as much information about the vehicle, occupants, weapon/s you saw, and their direction of travel.
- SLOW DOWN in poor weather and low light conditions. A little extra time taken on your journey is far better than not arriving at your destination at all.
- Plan ahead if you are heading into uncharted or unfamiliar territory, even if you are planning to use GPS. Familiarize yourself with major intersections, exits, gas station location and so on before heading out.
- Merge onto freeways at the speed of the traffic in the slow lane, not any slower, and use your signals to merge and change lanes. DON'T stop in a merge lane to wait for an opening.
- Make sure you are well rested before taking any long journey.
- Take frequent stops on any long driving journey to help prevent fatigue from creeping up on you, especially when driving at night or during the early morning hours.
- Have a solid emergency kit in your vehicle, no matter where you live. It should include flares or portable emergency lights, a safety vest, a warm sweatshirt, a waterproof jacket, a flashlight, and some emergency snacks.
- No-one ever PLANS to be trapped in their vehicle, but especially in Winter conditions, it happens often. A little preparation could be the key to your survival.
- If you see someone broken down by the side of the road, call Police to advise them of the location and description of the vehicle and people involved. Stop to assist only if it is safe to do so.
- NEVER stop for an unmarked Police vehicle. Call 911 to report the unmarked vehicle and verify if it is a legitimate traffic stop before stopping.