



Movement

Basics

Balanced footing	<i>Avoid standing on your heels. Try using the balls of your feet to gain more balance and control.</i>
Center of gravity low	<i>Keep your center of mass low to avoid being knocked over.</i>
Dynamic and interactive	<i>Move around. Don't stand in one place too long.</i>
Consider best places to stand, how to move	<i>Think about the safest places to stand. Stay out of the way of pedestrian flows.</i>

Distance

Manage distance around people and things	<i>Be aware of street fixtures. Try not to bump into others, or step on or kick their things.</i>
Define boundaries	<i>Know your limits when it comes to physical and psychological interactions.</i>
Safety bubble	<i>How close is "too close" when it comes to feeling safe?</i>
Stay out of reach	<i>Remember, you are in control.</i>
Be ready to move	
Step back	
Pivot	

Be Prepared

Keep one hand available	<i>Don't juggle to many things. It's okay to hand something to your partner.</i>
Visualize a reaction	<i>Pause to think about what you will do if a situation escalates.</i>
Visualize an escape	<i>Quickly exiting a situation is often the best.</i>
Safety stance	<i>Use calming words with both hands at mid-level.</i>
Block, Invisible block	<i>Your hands at mid-level can be raised to protect your head or face if needed.</i>
Don't overreact	<i>Stay calm.</i>