

PREVENTING THEFT WHILE VISITING THE GYM



Going to the gym? Leave valuables, take only essentials: ID card, phone, keys, water, and towel.



In the parking lot:

Don't leave anything of value in your car. If you must, store it in the trunk (before you get to the gym and in a safe area where you are sure no one is watching). Also, close your windows and lock your doors, and if possible, park close to the gym entrance, in a well-lit and highly trafficked area.

In the gym locker:

If you visit the gym after work, or wear watches or jewelry you prefer to not have on you while exercising, use the gym locker, but be sure to invest in a quality lock that cannot be easily compromised.

While working out:

A better alternative to stashing your valuables in the gym locker is to carry them on your person. Most workout gear comes with hidden pockets, but there are also other relatively inexpensive items you can buy: running belts, waistpacks, armbands, wrist wallets or pocketbands, shoe pouches, and wrist coil key rings.

It is also important to always be alert and aware of your surroundings, and immediately report suspicious activity.

Thieves are opportunists. They like easy targets where valuables are easy pickings, and their odds of getting caught are low. Places such as gyms fit that description.

Thieves know that if they visit a gym, particularly during peak season and hours, they are likely to find more than a few individuals who have brought with them items of worth such as phones, watches, music devices that can be easily converted into quick cash on the street or in a pawn shop, as well as wallets or money clips with large amounts of cash and credit cards.

They also know that there is a great chance that some of these individuals will be distracted at some point, creating the opportunity for them to steal the items. Because valuables tend to be small, they can easily store them in a pocket or gym bag and leave before the owner realizes the theft has occurred.

Whether in the parking lot, locker, or exercise areas, taking a few precautions can greatly lower your risk of becoming a victim of gym theft.



Contact Us

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This leaflet is part of a series of public safety-related materials co-created by City of Diamond Bar and L.A. County Sheriff's Department and available on the City website for viewing, downloading, and sharing.

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