

# STAYING SAFE: KEY INFORMATION

## CRITICAL PHONE NUMBERS

Service	Phone Number
Emergency	911
Safe Ride	434.242.1122
Yellow Cab Charge-a-Ride	434.295.4131
Tip Soft	Text 274637, or "CRIMES"
Rape Aggression Defense Classes	434.924.8845
Poison Control	800.222.1222
CAPS (daytime)	434.243.5150
CAPS (after hours)	434.972.7004
Office of the Dean of Students (ODOS)	434.924.7133

## TRANSPORTATION

When you go out, especially to parties, develop and follow a plan with your friends for getting there and getting back safely. Check in with your friends throughout the evening and make sure everyone leaves together.

**UTS Bus Service (434-924-7711):** Weekdays, UTS service runs from 6 a.m. to 12:30 a.m.; Weekends, service runs from noon to 12:30 a.m.

ALSO ON WEEKENDS (Thursday, Friday, and Saturday nights) **Extended Late Night Service** operates until 2:30 a.m. on the Outer U-Loop and Northline routes.

- **Real-time transit map and bus arrival predictions:**  
<http://uva.transloc.com/info/mobile#app>
- **Email alert system for schedule changes:** Subscribe at  
<https://lists.virginia.edu/sympa/info/uts-411>

**Safe Ride (434-242-1122)** operates seven nights a week in coordination with UTS buses.

- **Weekdays**, Safe Ride runs Sunday through Wednesday from midnight to 7 a.m.
- **Weekends** (Thursday, Friday, and Saturday nights) Safe Ride operates from 2:30 a.m. to 7 a.m.
- Service area includes most student housing areas near the University Grounds ([Safe Ride Map](#)).
- One Safe Ride van picks up passengers near the Alderman/Clemons Library every half hour during operating hours, when the library is in operation, Sunday through Thursday mornings.
- See [www.virginia.edu/uvapolice/saferide.html](http://www.virginia.edu/uvapolice/saferide.html).

**Yellow Cab Charge-a-Ride (434-295-4131):** If you need a cab but have no money, you can get a ride with Yellow Cab by showing your UVa ID and signing a form. You will be billed directly through your student account.

## COMMUNICATION TOOLS

**Blue-Light Telephones:** More than 500 blue-light telephones are located around Grounds. Simply pick up the phone, and your call will go directly to University Police. In addition, a number of blue-light phones are located in densely populated student housing areas off Grounds. Those phones ring to the Charlottesville Police Department.

Locations of off-Grounds phones:

### The Corner:

- 12th Street/Wertland
- 12 ½ Street/Wertland
- 14th Street/Wertland
- 14th Street/Sadler Street
- 15th Street/Sadler Street
- 14th Street/John Street
- 15th Street/Virginia Street
- 15th Street/Gordon Avenue

### Near Grounds:

- West Main Street/Jefferson Park Avenue (Battle Building)
- Jefferson Park Avenue (Battle Building)
- Clarke Court near Maury Avenue (Jefferson Scholars Foundation)
- Ray C. Hunt Drive (Fontaine Research Park - two phones in parking lot of the 560 building)

**UVaAlerts:** This emergency-notification system simultaneously distributes text, email, and Web messages to cellphones during a crisis. You can sign up at [www.virginia.edu/uvaalerts](http://www.virginia.edu/uvaalerts). You can also sign up your parents to receive the alerts through your student account.

**TipSoft:** This University Police reporting tool allows you to submit tips and photos if you see suspicious behavior or if something "just doesn't feel right." You can be anonymous if you want. Here are multiple ways to use it:

- Download the app named "TipSubmit" to your Android or iOS device and submit via the built-in form.
- Send a text to 274637 or "CRIMES." Save this number to your phone.
- Report through the University Police website at [www.virginia.edu/uvapolicy](http://www.virginia.edu/uvapolicy).
- Please note that TipSoft is not a replacement for calling 911.

**Always call 911 in an emergency.**

## SELF-DEFENSE EDUCATION

**Rape Aggression Defense Classes:** Student groups can request self-defense classes taught by University Police officers. Call 434-924-8845, email Officer Ben Rexrode [br7u@virginia.edu](mailto:br7u@virginia.edu), or visit the website [www.virginia.edu/uvapolicy/resources.html](http://www.virginia.edu/uvapolicy/resources.html).

# TIPS FOR STAYING SAFE

## Getting Help

- Call 911 from any phone.
- Pick up a blue-light phone. You will be connected directly to the police.

## Personal Safety

- Be aware of your surroundings.
- Avoid isolated areas.
- Avoid walking alone at night. Use Safe Ride, walk with friends, or take a late-night weekend bus.
- Use the lighted pathway system.
- Tell a friend where you are going and when you will return.
- Trust your instincts about a person or situation. If you feel uncomfortable, call 911.
- Use *Just Report It* if you or someone you know is the victim of sexual assault, bias, or hazing: [www.virginia.edu/justreportit](http://www.virginia.edu/justreportit).
- Follow Emergency Procedures in the event of a tornado, earthquake, or other emergency: [www.virginia.edu/emergencypreparedness/documents/emergency\\_procedures\\_2014-2015\\_final.pdf](http://www.virginia.edu/emergencypreparedness/documents/emergency_procedures_2014-2015_final.pdf).

## Residence Hall Safety

- Never allow strangers to follow you into the building.
- Call 911 if you see someone in the building who seems suspicious.
- Secure doors and windows prior to leaving.

## Pedestrian and Biking Safety

- Use caution when crossing the street, especially in the dark. Cross only in designated areas, and do not let music or a cell phone conversation distract you.
- Likewise, use caution when bicycling. Wear a helmet and reflective clothing, and follow all rules of the road, whether you are a biker or motorist.
- Register your bike with UPD at <http://www.virginia.edu/uvapolicy/registration.html>.

## Home/Apartment Safety

- Keep doors and windows locked, after first ensuring that locks are present and working.
- Use outdoor lighting.
- Trim shrubs and trees to prevent the possibility of prowlers hiding in dense, darkened areas.
- If you see any of the following, immediately call 911: a prowler; someone peeping into a residence; an individual watching, photographing, or filming an area; or any other behavior that under the circumstances seems odd, out of place, or suspicious.
- If you have a safety or building-related concern, contact your landlord or property manager. If issues are not corrected, contact the full-time city property maintenance inspector, paid for by the University, at 434.970.3184.
- Be sure a working smoke detector is located on each floor and in each bedroom. Test the smoke detector(s) on a weekly basis. "Test Tuesdays" take place in the residence halls every week; develop a similar habit in your apartment or rental unit.
- Ensure that entrances and exits are not blocked.
- Develop an escape plan in the event of fire, and practice it with your apartment-mates.

## TIPS FOR STAYING SAFE

### Alcohol Safety

The following tips can reduce your risk when drinking:

- **Pace and space.** Sip your drink instead of chugging, alternate with water or soda, and have no more than 1 drink per hour.
- **Eat before and while drinking.** Alcohol is absorbed into the bloodstream more slowly when there is food, especially protein, in your stomach.
- **Avoid mixing alcohol with other drugs.** Some prescription and over-the-counter drugs (for example, antihistamines and sedatives) can increase alcohol's effects. Caffeine and other stimulants can trick you into feeling less impaired. Mixing alcohol with other drugs, even over-the-counter ones, can be lethal.
- **Use caution when sick or tired.** When you are sleep-deprived or ill, alcohol leaves the body more slowly.
- **Be alert when drinking in a new environment.** Alcohol's effects can vary when you are in unfamiliar settings.
- **Avoid "punches" and other drinks you did not make yourself.** They often include high-concentration alcohol masked by a sweet taste.
- **Stay in a group** in which at least one person remains sober.
- **Know that students drink less than you think.** Most UVA students drink 4 or fewer drinks on a typical Saturday.
- **Never leave a drunken friend alone,** as a person's Blood Alcohol Concentration (BAC) may continue to rise after passing out or stopping drinking. Use **PUBS** as a guide to the symptoms of alcohol overdose:
  - o Puking while passed out.
  - o Unresponsive to stimulation (pinch or shaking).
  - o Breathing (slow, shallow, or no breathing).
  - o Skin (blue, cold, or clammy).
- If you see even one sign of alcohol overdose, call 911.
- If you are unsure, call the Poison Center at 1-800-222-1222 for confidential, expert advice.
- To learn more, see resources on UVA's Gordie Center website at <http://gordiecenter.studenthealth.virginia.edu>.

## SUPPORT FOR STUDENTS

**Counseling and Psychological Services (CAPS).** Call 434-243-5150 to schedule an appointment during the day, or 434-972-7004 after hours if you need help in a crisis situation. CAPS is located on the street level in the Elson Student Health Center, 400 Brandon Avenue, just off JPA.

**Office of the Dean of Students.** The main office is located on the second floor in Peabody Hall, upstairs from the Office of Admission. You can stop in or call 434-924-7133 to schedule an appointment.

**Resident Advisors.** If you live in a residence hall, seek out a member of the Resident Staff if you have questions or need someone to talk to.