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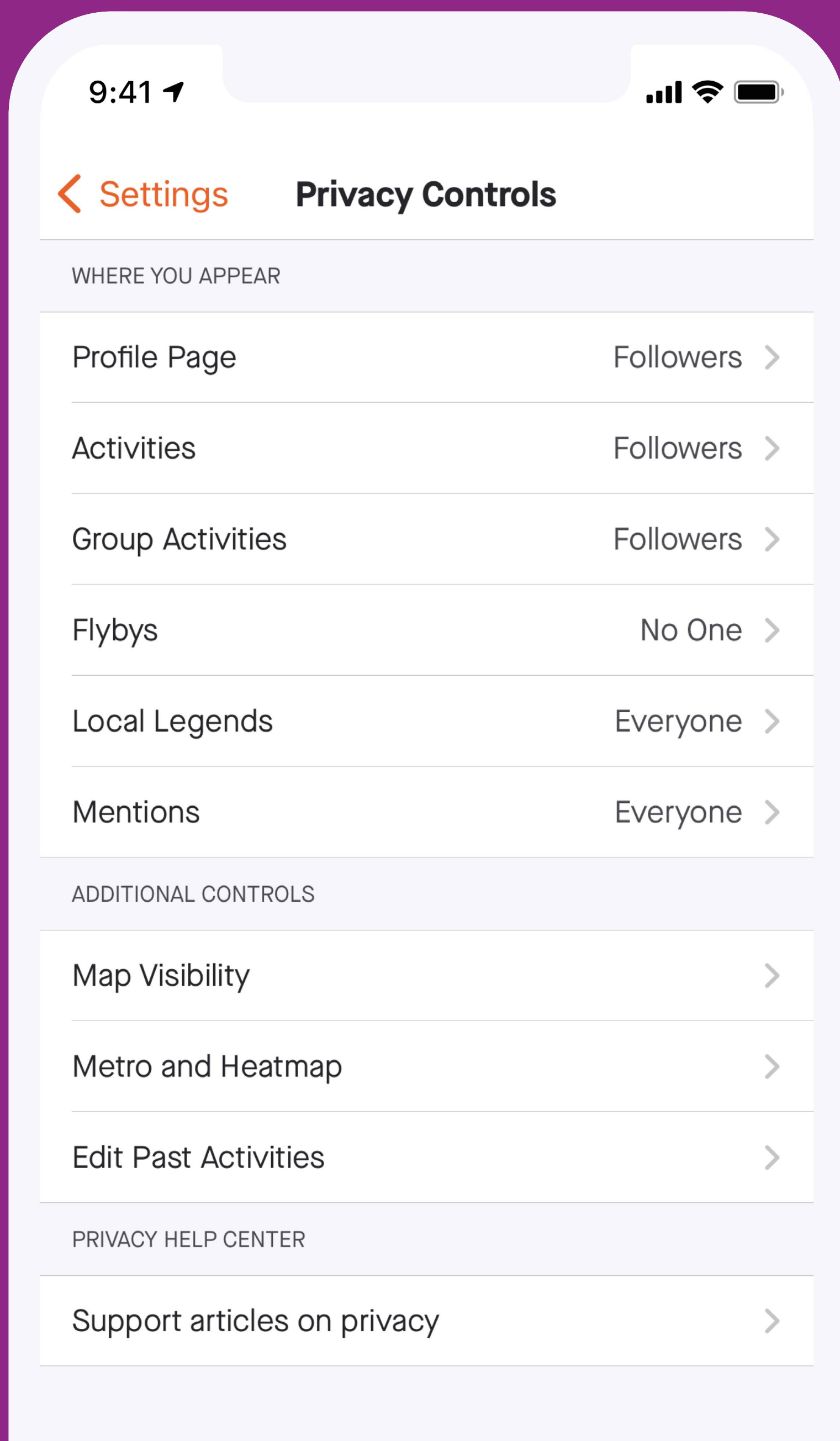
STRAVA

HOW TO USE STRAVA'S SAFETY TOOLS



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Worrying about safety can take the fun out of any activity. These safety features help give you some peace of mind and let you choose what to share and what to keep to yourself.

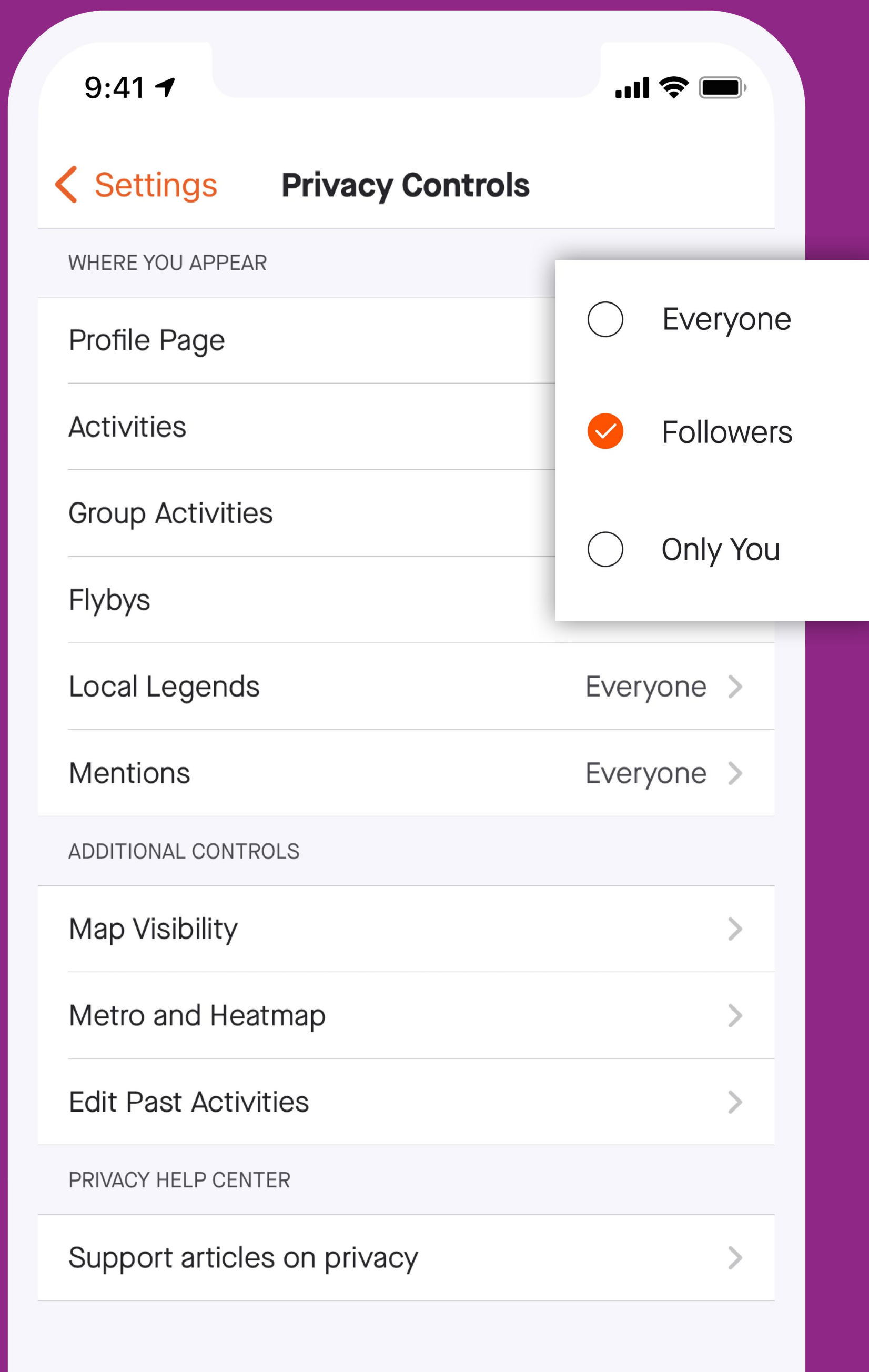


STEP 1

Choose your privacy settings

- Go to Home 🏠 / Settings ⚙️ (top right) / Privacy Controls.
- There's a list of places where your info shows up on Strava. The default setting is that 'Everyone' will see this info.



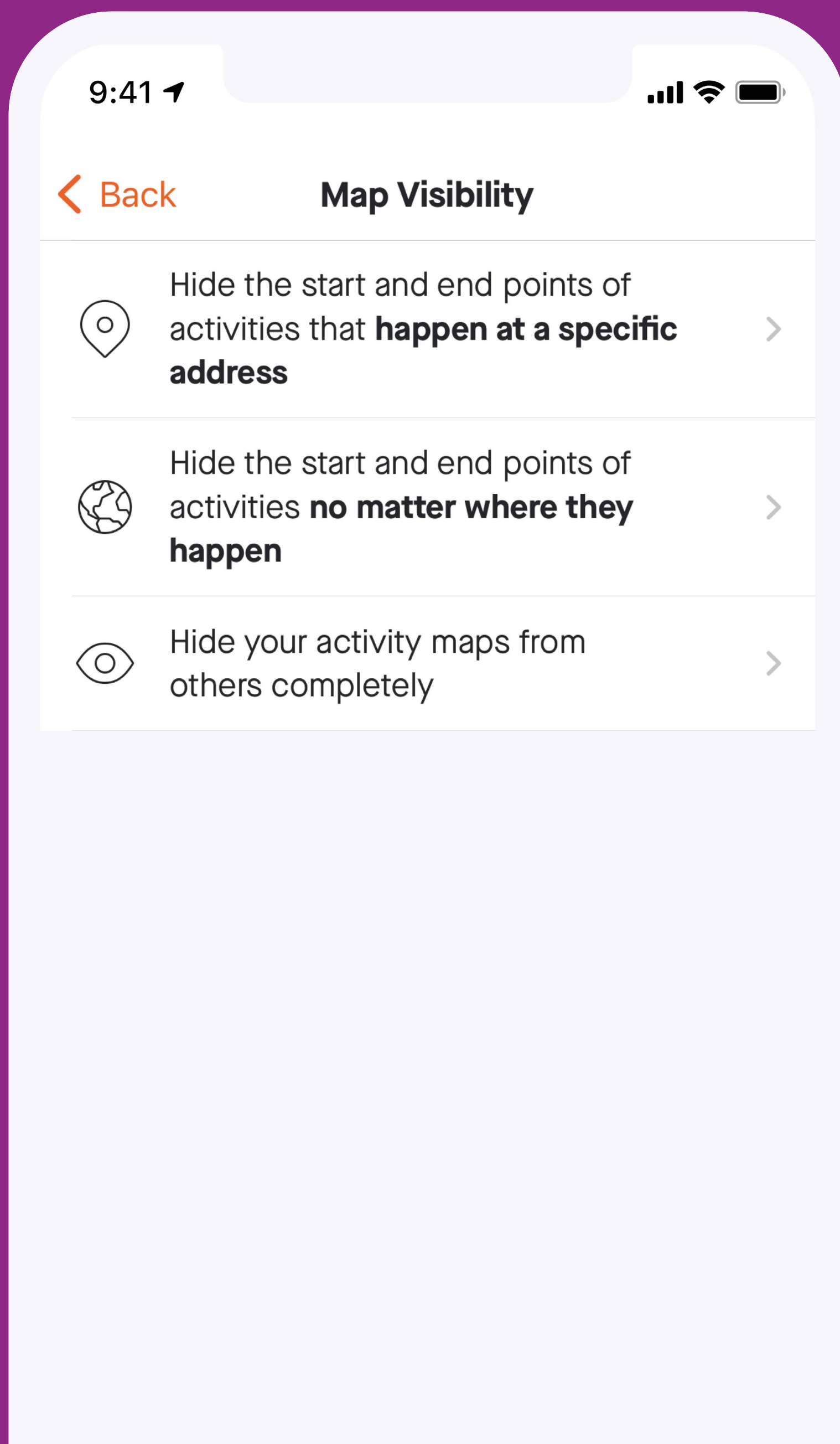


STEP 1 (CONTINUED)

Choose your privacy settings

- Tap **Everyone** to change that and decide if you want only your followers or only yourself to see your activities and info.



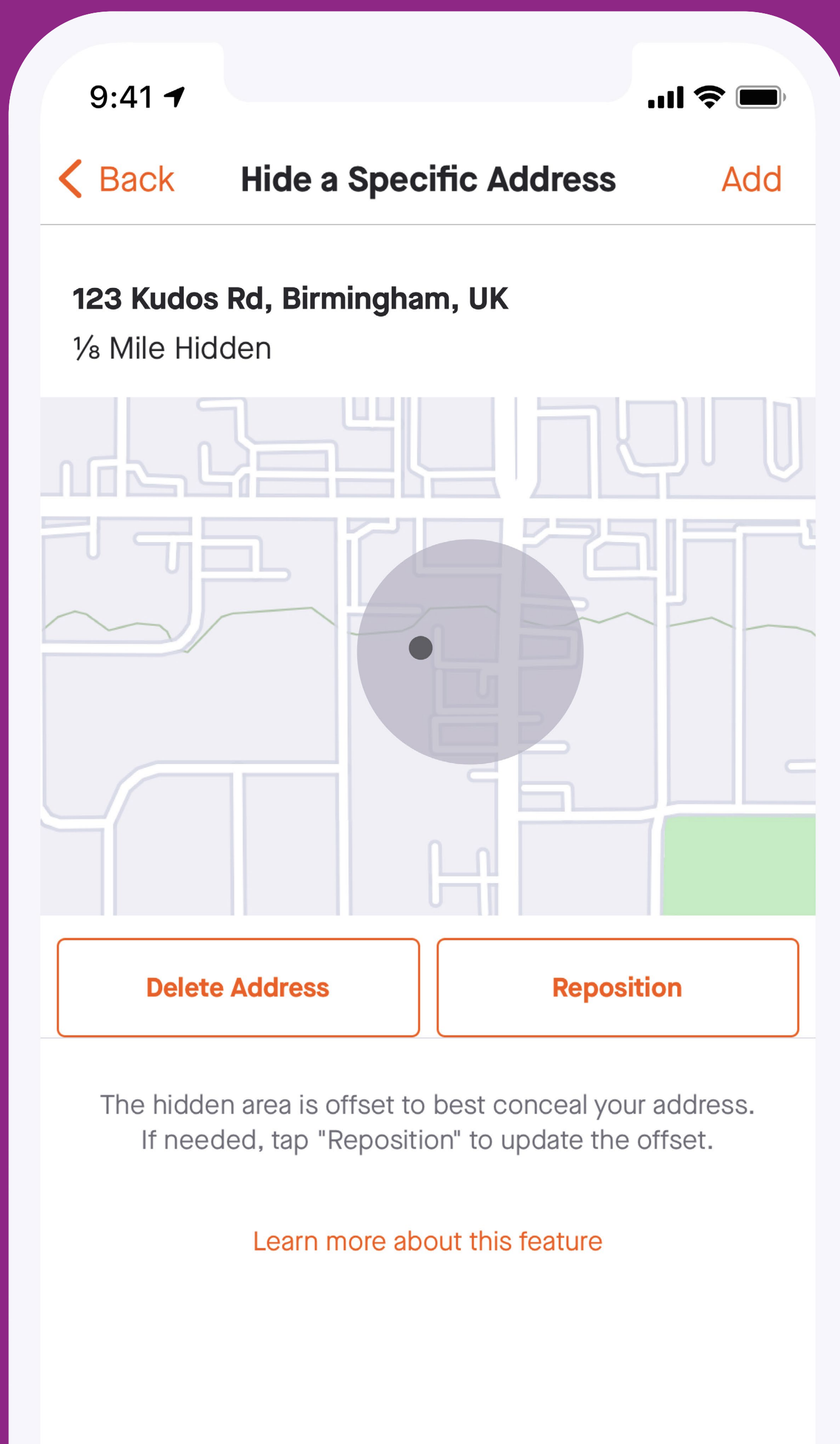


STEP 2

How visible should your map(s) be?

You might not always want to disclose the location of your activities. Strava lets you hide your start and end points from view or block private locations (like your home or work addresses) from showing up on your map.



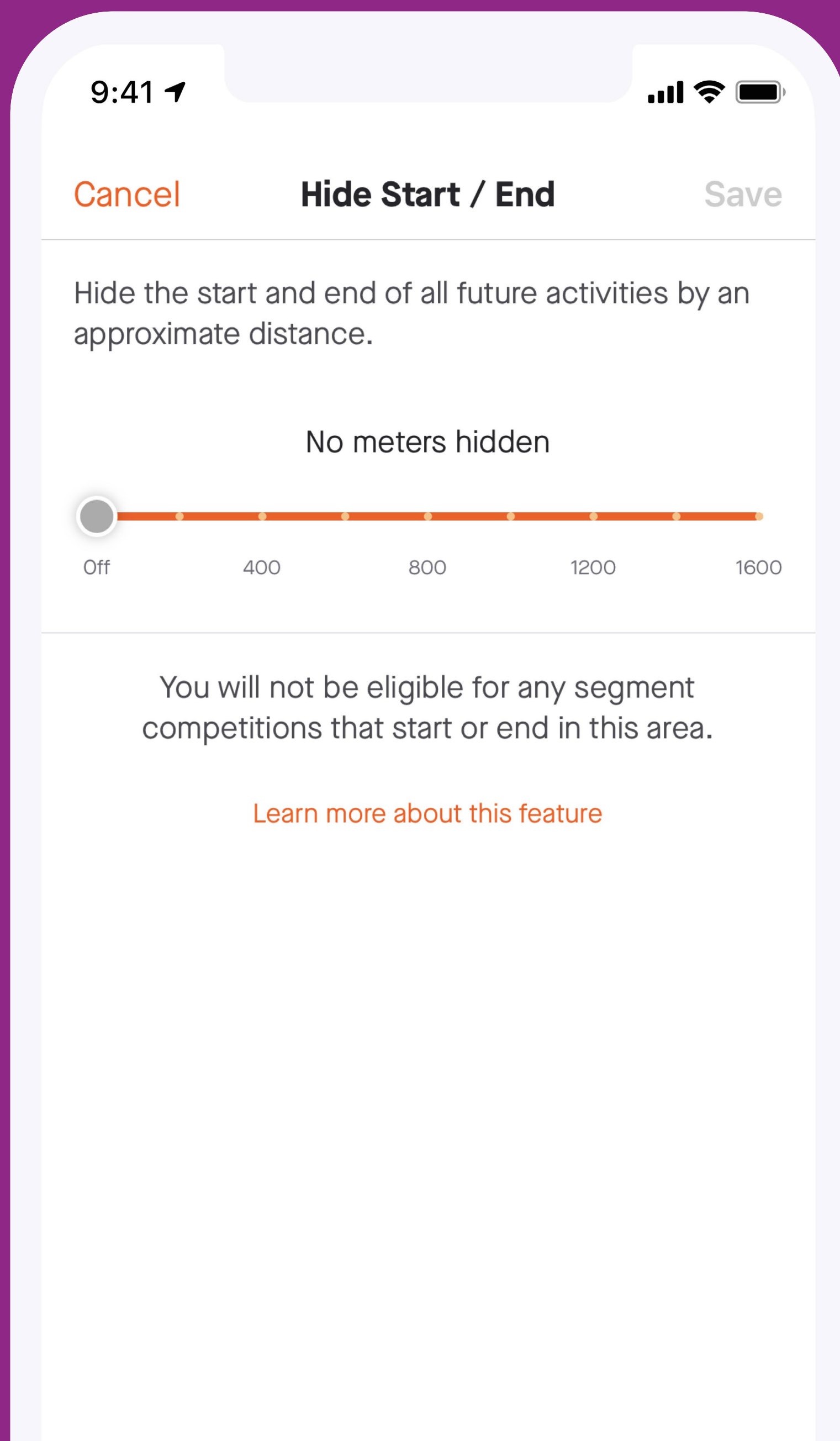


STEP 2 (CONTINUED)

How visible should your map(s) be?

- Go to Home 🏠 / Settings ⚙️ (top right) / Privacy Controls.
- Tap Map Visibility and choose the first option to hide a specific address.



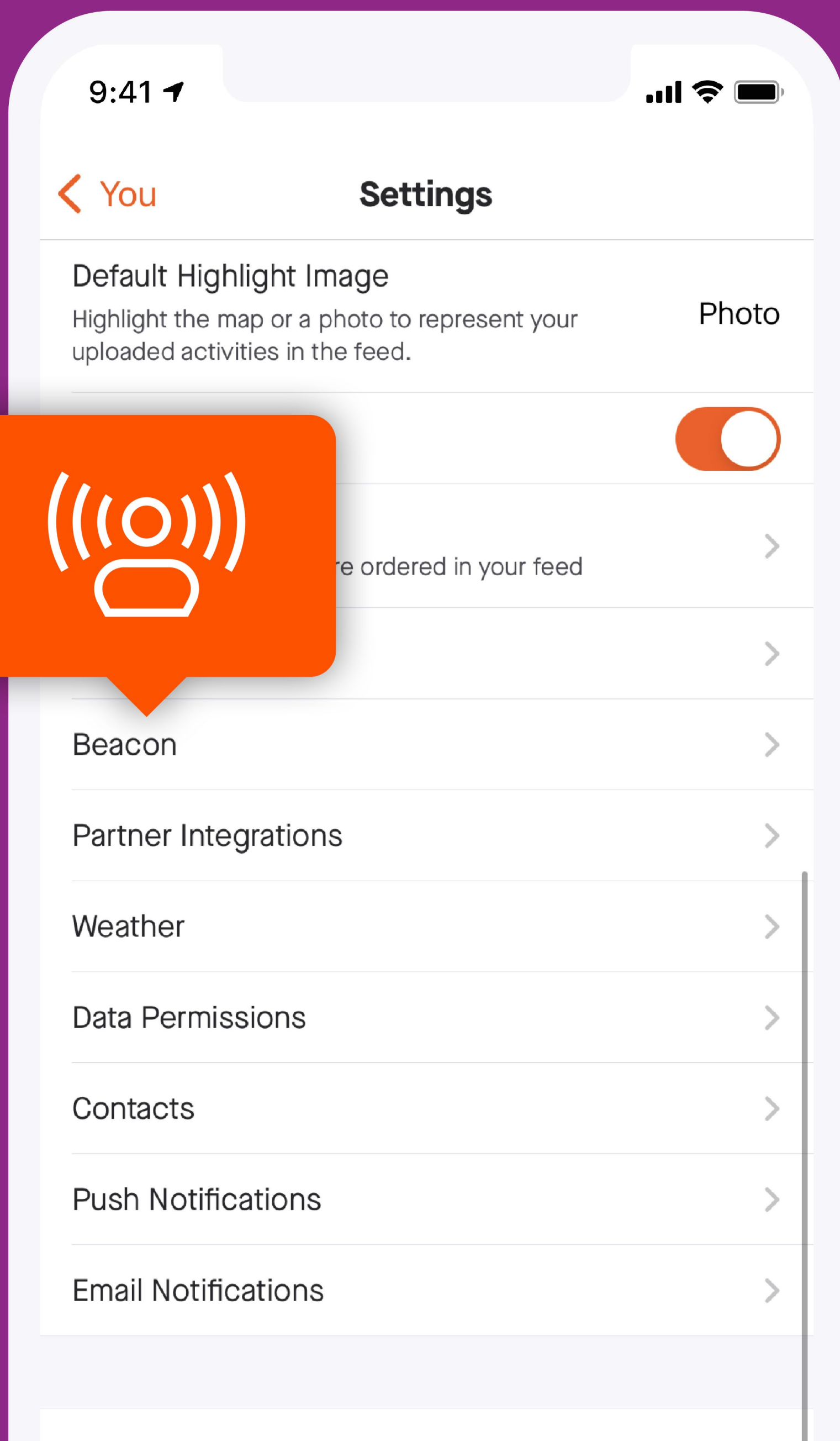


STEP 2 (CONTINUED)

How visible should your map(s) be?

- You can also hide the start and end points of activities no matter where they happen.
- Or hide your maps from others entirely. To learn more, click [here](#).



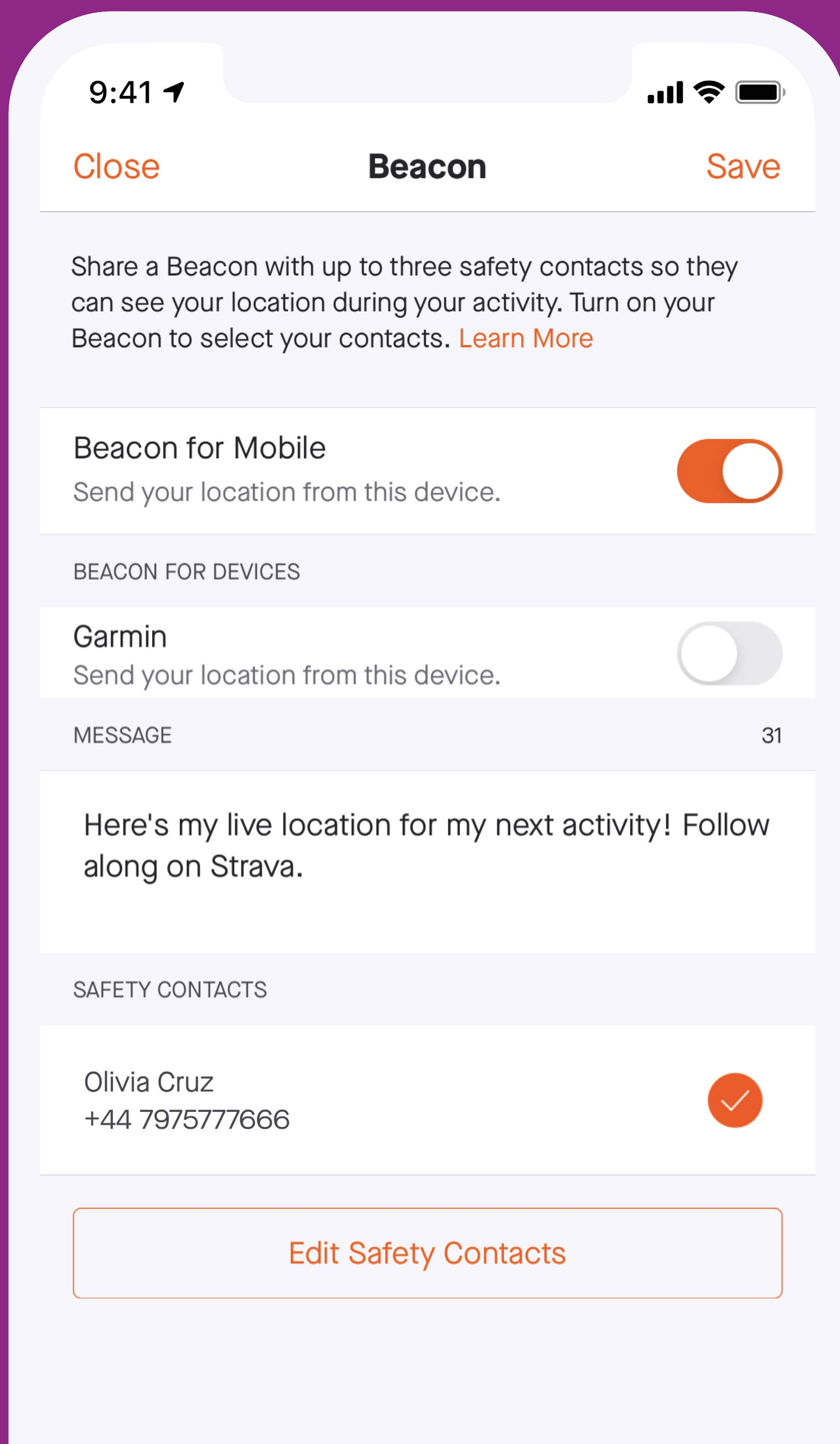


STEP 3

Send your Beacon to loved ones

Beacon is Strava's live location sharing tool, so loved ones can track your movement if you're out there by yourself.



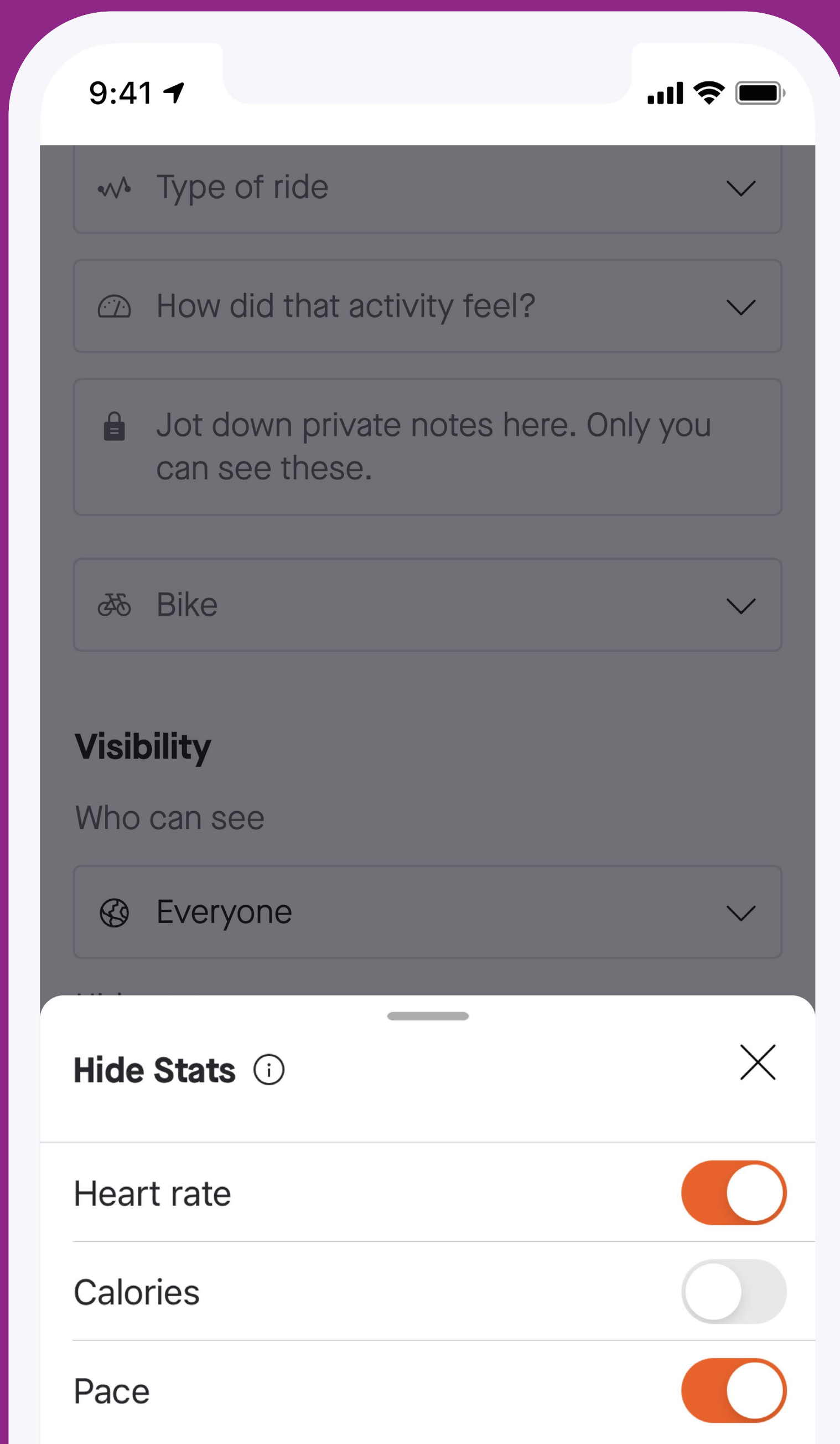


STEP 3 (CONTINUED)

Send your Beacon to loved ones

- Select up to 3 trusted people as safety contacts to track your activities whenever you choose.
- Click Record button (bottom of your navigation) / Beacon icon (far right) / Toggle it on and add your safety contacts.





STEP 4

Hide stats you don't want people seeing

It's not just locations and addresses that can be private – you might not want to share some stats about your workouts. On Strava, you can choose to hide activity stats like heart rate, pace, power and calories.

To learn more click [here](#).





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KEEP MOVING YOUR WAY!

You're in control of what
you share on Strava.
Keep motivated with
the This Girl Can Club.