







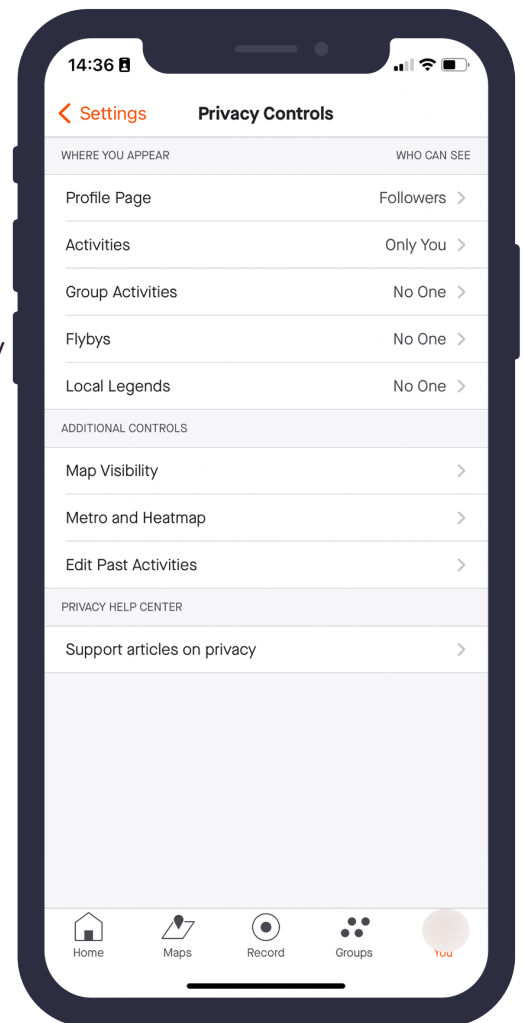
Strava is an app that is used to track exercise such as running, walking, cycling and strength training. This app uses built in GPS to log your activities and is mainly used by runners & cyclists to track progress, statistics and times. Strava is free to download but does come with an optional paid subscription offer.

Stay safe on Strava using the instructions on **Reporting, Blocking & Privacy** settings below.

## Privacy Controls





Control your privacy settings with these instructions:

-  Tap on your profile picture in the bottom toolbar.
-  Tap on  and then scroll down and tap on Privacy Controls.
-  Here you can control who views your profile, map visibility and apply privacy zones.






## Block

Block a user using these simple instructions:

-  On the users profile, tap on 
-  Select **Block this Athlete**.
-  Select **Block Athlete**.

## Report

Report a user using these simple instructions:

-  On the users profile, tap on 
-  Select from two options, Report Suspicious Behavior & Report Fake Profile and submit!