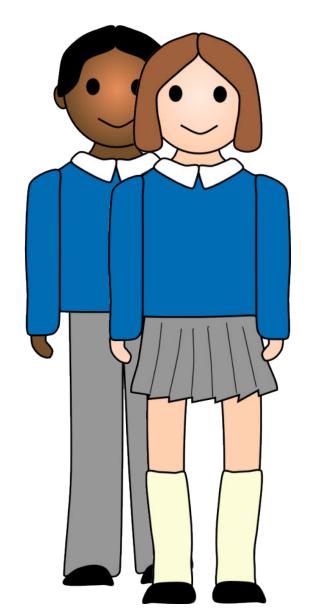
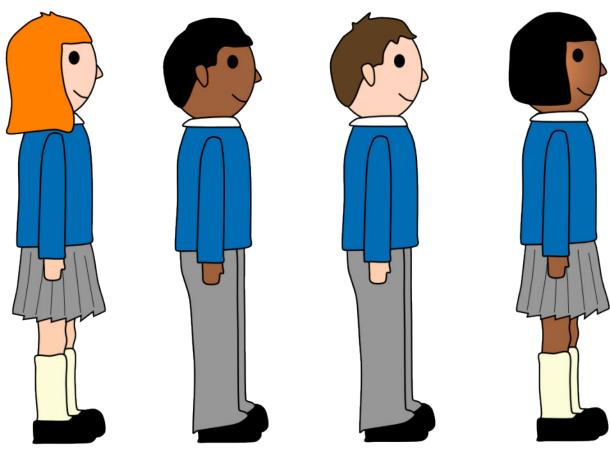
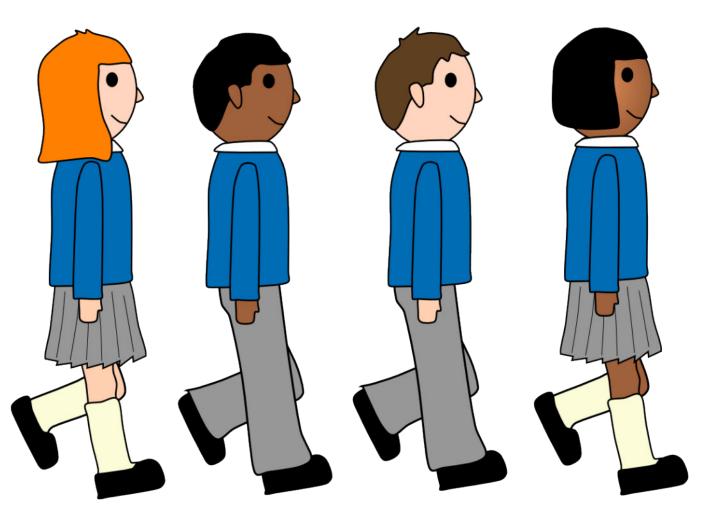
Eyes ahead and arms by your side.



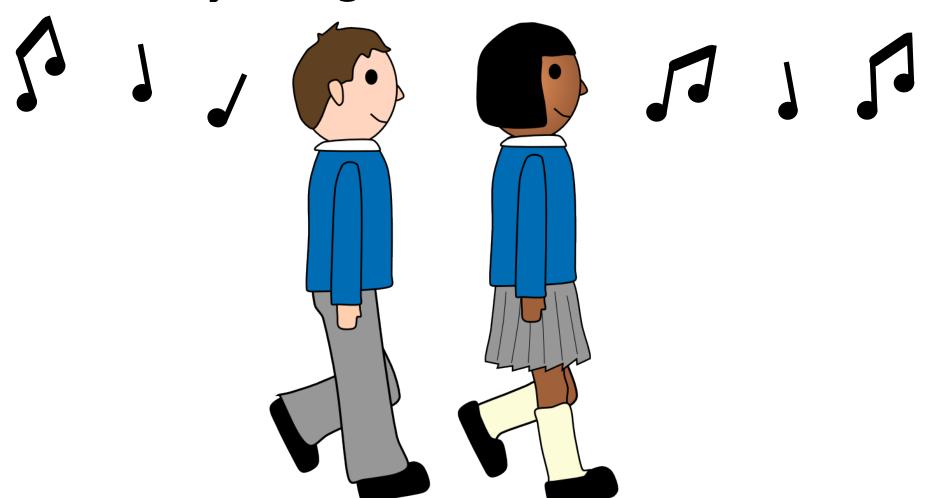
Leave a space behind the person in front.



Follow the person in front.



Walk in quietly and listen to the music.



Sit in a smart, straight line with legs crossed and arms folded.

