

# Tips to Help You Survive Magpie Swooping Season



It's that time of the year again when male magpies become overly protective and swoop on anything anyone running past where they are nesting. Magpies generally nest for six weeks between late August to late October.

Here are a few tips to keep you running through this time of year;

- Keep alert for any magpie nesting sites. Magpies generally only swoop 100m from where there are nesting. If there are other types of birds about the area is probably clear of magpies.
- Keep an ear open for their distinctive calls. If you spot a magpie nesting site then stay well clear.
- Once you know where any magpies are nesting plan a running route that will allow you to avoid these areas.
- Run in groups where possible as magpies will often target individuals.
- Wear sun-glasses and a hat to protect your head, ears and eyes (I have attached some cable ties pointing upwards to my bike helmet that stop the magpies getting too close to my head while I'm cycling). If a magpie swoops while you are cycling, it will probably stop swooping if you get off your bike and walk.
- Do not provoke the magpies, they are very territorial and will protect their nests.
- It is important to try to stay calm, if you appear aggressive or as a threat to them you make provoke a further attack.

[More Helpful Resources](#)



**Phillip Sharp**

*(Assoc. Dip. App. Science (Exercise Science), Cert IV Fitness, Cert Weight Control Management, Cert IV Assessment & Training, Grad Cert Learning & Teaching, Cert Pol)*

Mobile: 0416 10 40 40  
Email: [phillip@sharpfitness.com.au](mailto:phillip@sharpfitness.com.au)  
Web: [www.sharpfitness.com.au](http://www.sharpfitness.com.au)



**Melissa Sharp**

*(500hr Registered Yoga Teacher, Cert IV Fitness - Personal Trainer, Cert Nutritional Coaching, Cert Pre-postnatal Exercise, Cert IV Beauty Therapy, Cert Weight Control Management)*

Mobile: 0414 602 434  
Email: [melissa@sharpfitness.com.au](mailto:melissa@sharpfitness.com.au)  
Web: [www.sharpfitness.com.au](http://www.sharpfitness.com.au)