



## MEDIA RELEASE

17 July, 2006

### ST JOHN BIG SPLENDOUR IN THE GRASS TIPS

St John Ambulance volunteers will be on duty at the Splendour in the Grass Festival in Byron Bay from bump in on Monday 17 July until bump out on Monday 24 July. Over Saturday and Sunday, the two busiest days of the festival, around 30 volunteers will be on duty around the clock.

St John offers the following festival tips:

- Keep your fluids up by drinking plenty of water throughout the day
- Don't forget to apply sunscreen every two hours and to wear a hat when you are outdoors. Remember you can still get sunburnt on a cloudy day.
- Wear appropriate shoes and clothing
- Bring your own prescribed medication, e.g. asthma puffers, insulin etc
- Plan when you have meals so you don't skip a meal to get a good spot in the crowd.
- Make sure you have the mobile number of your friends and arrange meeting points during the day.
- If you or any of your friends need help, seek out your nearest St John Ambulance post and a volunteer will assist you.

"Splendor in the Grass is a great event for St John volunteers and they enjoy being part of such a popular event." said Robert de Carvalho, Major Events Coordinator, St John Ambulance Australia (NSW).

"Our volunteers treat many casualties during festivals like this for varying conditions. It is important that people look after themselves during the event." said Mr de Carvalho.

St John (NSW) emphasises that looking after your mates could save them from further illness or injury. It can be as easy as approaching one of the St John volunteers who are easy to recognise in their familiar black and white uniforms.

For further information about St John volunteers contact 1300 360 455 or visit [www.stjohnnsw.com.au](http://www.stjohnnsw.com.au).

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