



## MEDIA RELEASE

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# First aid tips for City to Surf runners

St John (NSW) encourages participants in The Sun-Herald City to Surf on Sunday 13 August to take simple first aid precautions to help prevent overheating, dehydration or injury.

To reduce the number of casualties at the event, St John, Australia's largest first aid organisation, recommends the following tips to participants:

- Apply sunscreen and wear a hat to prevent sunburn
- Drink plenty of water to help prevent dehydration
- Bring your own prescribed medications, such as Ventolin
- Wear comfortable worn in shoes to prevent blisters
- Wear appropriate clothing to prevent chaffing
- Warm up prior to starting and cool down at the end
- Seek first aid attention immediately in any first aid situation

180 St John Ambulance volunteers will be stationed throughout the 14 kilometre course. Bicycle Emergency Response Teams (BERTs) will also be on patrol throughout the race to quickly attend to any injury or condition.

"St John has a long association with the City to Surf and we are pleased to be providing our services again in 2006. Our volunteers enjoy the challenge of being on duty at such a large and well known event." said Rob de Carvalho, NSW Events Coordinator, St John Ambulance Australia (NSW).

St John volunteers are trained to deal with any first aid emergency or incident, from a headache to a heart attack, and are easy to recognise in their familiar black and white uniforms. For further information telephone 1300 360 455.

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