

MEDIA RELEASE

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Keep safe at the City to Surf

St John Ambulance (NSW) encourages participants in The Sun-Herald City to Surf on Sunday 10 August to take simple precautions to help prevent overheating, dehydration or injury.

St John will have over 20 locations along the 14km route with more than 200 volunteers providing first aid services to both participants and spectators of the City to Surf.

“The City to Surf is synonymous with Sydney and St John is honoured to be part of this historic event. Our members look forward to the City to Surf each year and we are proud to offer such an invaluable service,” said Helen Banu-Lawrence, General Manager First Aid Services.

Here are some safety tips to follow to help you have a safe and enjoyable run:

DON'T TRY TO EXCEED YOUR CAPABILITIES - If you intend to run, be sure to train appropriately.

WATCH WHERE YOU ARE GOING - Be considerate of others and look to avoid the potholes and uneven ground.

STAY HYDRATED - Water stations are located along the route so look to take advantage of them to maintain adequate hydration.

SEE YOUR DOCTOR – It is important to see your doctor prior to the event if you have a history of injury or illness or take regular medication. It is important that you bring any medication or puffers that you might need during the run.

DRESS APPROPRIATELY - It is hard to predict what weather will occur on the day but dress to the conditions and your outcomes for the day. If you choose to run, lightweight clothing is recommended but an early start means that jumpers may be necessary in the morning. Before the race day, practice in what you intend to wear on the day so that any problems with you clothing can be identified.

FOOTWEAR - Inappropriate footwear can be one of the leading causes of discomfort and injury. You don't want your footwear to be too old and also don't want it to be too new as either one could cause problems. Look to have shoes that have been worn in, are comfortable and have not caused you problems in the past.

FIND ST JOHN - If you feel as though you need help, approach a St John volunteer.

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 on St John call 1300 360 455 or visit www.stjohnnsw.com.au.

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