



MEDIA RELEASE

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Use your bike to save lives

Want to use your cycling skills for a good cause?

St John Ambulance Australia (NSW) is on the search for active cyclists to become part of the Bicycle Emergency Response Team (BERT).

The BERT program is first aid service administered by St John (NSW). BERT volunteers are deployed to hundreds of events each year including the Big Day Out, Royal Easter Show, Australia Day celebrations and the ANZAC Day parade.

To become a BERT volunteer you need to complete specific clinical training and be proficient in riding. St John (NSW) provides free training to ensure these skills are kept up-to-date.

BERT members use a variety of equipment when on duty including advanced life support equipment, modern mountain bikes and St John radio communication equipment.

Matthew Cannon, part of BERT Team, has been with St John for six years.

"I joined as I wanted to do something for the community that is very exciting, challenging, rewarding and something that I really gain from doing.

"I decided to then join BERTs as they get all the action. They're usually first dispatched to most situations. This is not just because they're well trained, but due to the fact that they're on a bike, they're much more easily and rapidly able to access a casualty in a large crowd.

"Often St John works at events where access to casualties involves battling very large crowds. In the past, foot patrols were the best suited and most readily able to respond, as driving a vehicle through a crowd is very impractical. Since the introduction of BERT to St John NSW, casualty access times, even through very large crowds, have decreased significantly.

"For example, A BERT member can access a casualty anywhere in the Sydney Olympic Park precinct within about three minutes. Imagine how long it would take on foot? Bikes are great, because they can move quickly even through large crowds."

At events, Matthew believes that the public respond better to you when you're on a bike. I love that when riding on BERT bike people look and point and often comment 'what a great idea'.

"If you are thinking of joining our BERT team and can ride well, definitely give it a go."



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Joining the BERT team doesn't mean sacrificing a great deal of your time. You can do duties when and if they suit you, as often or as little as you like. The more you do, the more you learn and the more excitement you get.

To find out more about joining the BERT Team contact St John (NSW) on 1300 360 455. For more information on St John (NSW) visit www.stjohnnsw.com.au

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