



# MEDIA RELEASE

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## St John Ambulance urges pilgrims to keep safe at sleep-out

St John Ambulance Australia is encouraging pilgrims to follow some basic safety and first aid tips when sleeping out tomorrow night at Randwick Racecourse.

- Bring warm clothes, including a waterproof jacket, warm jumper, warm hat and thick socks. It is also a good idea to bring a spare set of dry clothes
- Bring a warm sleeping bag and thick ground sheet
- Bring wet weather gear
- 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
- Plan when you will eat so you don't skip a meal
- Bring your own prescribed medications, such as ventolin and insulin
- Beware of broken glass when walking and sitting – wear appropriate footwear
- If you or any of your family or friends need help, seek out your nearest St John post and a volunteer will assist you

Tomorrow St John will have 22 first aid posts at Randwick Racecourse, 8 posts along the Pilgrim Walk and 1 post at Mary McKillop Place.

On Sunday there will be 22 posts at Randwick Racecourse, 12 posts at Centennial Park, 3 posts at the ingress/egress and 1 post at Mary McKillop Place.

St John Ambulance Australia is the official provider of first aid at World Youth Day 2008. **More than 700 St John local and international volunteers will be on duty at World Youth Day events**, providing rapid response teams, First Aid post teams and an Advanced Casualty Management Centre (ACMC).

The ACMC will be staffed by volunteer medical officers, nurses and paramedics, as well as appropriately experienced St John members. Members will liaise with Ambulance Service NSW (ASNSW) and NSW HEALTH to provide the very best in First Aid response treatment.

**ENDS**

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