



MEDIA RELEASE

16 October 2008

Keep safe at the Sydney Spring Cycle

With the annual Sydney Spring Cycle approaching on Sunday 19 October, St John Ambulance is encouraging participants to take simple precautions to help prevent overheating, dehydration or injury on the day.

St John will have 8 locations with volunteers providing first aid to both participants and spectators.

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

- Wear appropriate clothing and footwear
- Don't try to exceed your capabilities
- Warm up before you start riding
- Drink plenty of water and carry a water bottle
- Wear sunscreen and reapply as needed
- Watch where you're going and be considerate of other riders
- Don't try to exceed your capabilities
- Stop riding and rest if you're feeling unwell

If you feel unwell at any point, approach a St John volunteer who will be able to help you.

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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