



# MEDIA RELEASE

## St John volunteers keeping runners safe

**11 September 2009.** St John Ambulance Australia (NSW) is encouraging participants of the Sydney Running Festival to be held on Sunday 20 September to take simple precautions to help prevent overheating, dehydration or other injuries.

St John (NSW) has developed some tips people should follow to help them have a safe and enjoyable run.

**Know 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.

**Keep you fluids level up** - water stations are located along the route so use 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, illness or if you take regular medication. It is important that you bring any medication or puffers that you might need during the run.

**Dress appropriately** - 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 your clothing can be identified.

**Choose the right footwear** - inappropriate footwear can be one of the leading causes of discomfort and injury. Choose shoes that have been worn in, are comfortable and have not caused you problems in the past.

**Find a St John post** - if you need help, approach a St John volunteer.

The not-for-profit organisation expects to have close to 80 volunteers who will be providing first aid to both participants and spectators through 12 posts.

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](http://www.stjohnnsw.com.au).

**ENDS**

**For further information please contact:**

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