



05 AUGUST 2009

City to Surf

With the City to Surf run this weekend, The Ambulance Service of NSW offers the following information to assist participants in having a safe and enjoyable time.

- Wear sensible clothing and footwear
- Wear a hat, sunglasses and sunscreen to protect yourself from the sun
- Avoid dehydration by drinking plenty of water
- Symptoms such as chest pain or severe shortness of breath should not be ignored, and you should stop running or walking immediately and seek medical attention
- If you are on prescription medications ensure you take them with you and that you comply with the doctor's instructions
- Young children should have suitable identification with them including emergency contact telephone numbers for parents / guardians.
- Don't lose your "cool" in the crowds - be patient.

Ambulance advises that anyone who is unwell with influenza-like symptoms, (including fever, chills, sore throat, cough, tiredness, muscle aches, headache or shortness of breath) between now and on the day of the City to Surf should stay at home and avoid close contact with others until their symptoms are gone.

People who have been unwell in the last few weeks for any reason, including influenza or any other illness, are strongly advised to re-assess their participation in the event and should talk to their doctor if they have any questions.

People who have recently recovered from influenza (or other illness) should also carefully reconsider participating in the City to Surf as it may take some time to fully recover. People who have been recently unwell should assess their fitness levels and err on the side of caution and seek advice from their doctor about whether to participate or not.

It is important for all participants to remember to properly hydrate with fluids before, during and after the race. August weather can be unseasonably cool or warm and all participants and spectators should dress appropriately for the conditions.

*Ambulance crews will be located at the start area, marshalling areas, finish area and mobile units will be located en-route. St John's ambulance volunteers will be located at various points along the run. If you feel you need an ambulance at the fun run, dial **TRIPLE ZERO (000)** and ask for ambulance.*

Remain calm and don't hang up before the ambulance operator has taken all the details. Try and give an accurate location of where you are.

The Ambulance Service of NSW wishes all participants a safe and an enjoyable day.