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You can't outrun illness

Keep the run fun and don't race through injury or illness is the advice given by NSW Ambulance paramedics as the running season is reaching its peak.

NSW Ambulance Superintendent Rebecca Wood says:

"Regardless of whether you are preparing for a full marathon or one of the seasons shorter races, make sure you are prepared and act on your body's signals.

"You can't outrun illness. Anyone who has been unwell in the weeks leading up to a race should carefully consider participating and seek medical advice if unsure.

"We urge people to put their health in first place, not at risk."

Every running season paramedics respond to assist runners, whether they're competing or training. While paramedic responses are commonly related to injuries such as trips or falls, serious conditions such as heart and respiratory problems are also an issue.

"A substantial number of these incidents could have been prevented with better planning and a thorough self-assessment of their health prior to participating," says Superintendent Wood, who is the NSW Ambulance Liaison Officer at this year's City2Surf event.

"Improve your odds of success, by taking care of yourself and your health. That way you will be ready sooner to lace up your shoes and run again."

NSW Ambulance is offering a number of simple tips that both participants and spectators can use as precautions as well as ways to prepare for safe and enjoyable running events.

"The simple and most effective advice for any race, any distance, is to prepare and train well, know your limitations and during the race, take a break or lower the intensity if needed."

NSW Ambulance paramedics advise runners to:

- **come prepared** train before the event and know your limitations
- **keep hydrated** by drinking plenty of water before, during and after the race
- **wear appropriate footwear** which is comfortable and provides ankle support
- **check out the weather conditions** before the race and dress appropriately
- **ensure protection from the sun** by wearing hats, sunglasses and SPF30+ sunscreen
- **keep your energy up** by eating before the event and carrying a snack you can eat during the race to maintain energy levels
- **keep asthma inhalers and other medication** with you during the event
- **do not ignore health symptoms** like chest pain or severe shortness of breath – anyone experiencing these symptoms should stop immediately and seek medical attention, and
- **seek medical advice before the race** if you are asthmatic, suffer from any lung condition or have been unwell recently.

Is your URGENCY an EMERGENCY?