

Trackside



# Survival Guide

St John Ambulance NSW



10-13 OCT 2019

# Trackside Survival Guide

St John Ambulance



## STAY HYDRATED:

Drink plenty of water to avoid becoming dehydrated or getting heat exhaustion! Keep an eye out for signs of dehydration with your friends and family too!

## TAKE A BREAK:

If you're too hot, or feeling unwell, take a break in a cool, shady space. If you have a headache, feel nauseous, have pale, clammy skin, cramps or a rapid, weakening pulse, seek help straight away.

## BE SUN SMART:

Slap on some sunscreen and a hat. It's a no-brainer, but we strongly recommend applying a broad spectrum minimum SPF 30+ sunscreen before you arrive. You can also visit St John Ambulance first aid posts to top up your sunscreen during the day.

## BE CAREFUL OF SLIPS AND TRIPS:

Take care as you make your way around the track and campground. Remember this is a racetrack - to stay safe, stay self-aware.

## Remember

Keep an eye out for the St John Ambulance volunteers in green if you or anyone else isn't well.

To learn more about first aid visit [stjohnnsw.com.au](http://stjohnnsw.com.au)

