

The **2024 Westbury Wipeout**

Supported by The Murphy Clinic

Outdoor Health Leaflet

“Welcome to Blaise Castle for the Westbury Wipeout”

Although the risk is small, there are certain health problems, common to any event which passes through water, which you should be aware of. Additionally, ticks have been found in the area, and there is a risk (again small) of Lyme disease.

The leaflet outlines some precautions which all those involved in the Westbury Wipeout (***whether participants, parents or volunteers***) should be aware of.

Before the Event

- Check that you are up-to-date with Tetanus vaccination.
- Anyone who is at high risk from Covid-19 is advised to stay away. Although an outdoors event, we can't guarantee the absence of crowding, especially if it rains.
- If you feel ill on the day, whether possible Covid-19 or any other reason, please don't participate. Volunteers, please contact the volunteer coordinator so that they know you aren't coming.
- If the weather is hot, please ensure you are well hydrated, and avoid spending too much time out in the sun, before the event.
- If you have any cuts, please make sure that they are covered by a waterproof plaster / dressing.
- Please avoid getting mud on your face – it may be contaminated.

At the Finish

- Please use the clean-up station after the race to get your hands washed.
- If you get any cuts, ask the first aiders to clean them and be sure to read the 'Be Water Aware' health advice card again.
- Please ensure you have a full wash or shower once home, and take the opportunity to check for any ticks. Parents, please ensure that children know what a tick looks like.

After The Event

- If you feel off-colour, or develop flu-like symptoms following this event, please contact your doctor or NHS 111 immediately, and tell them that you have been in a waterside environment (see leaflet below). Bristol City Council's 'Be Water Aware' health advice card outlines some of the risks and actions following contact with water: <https://www.bristol.gov.uk/files/documents/1183-pocket-size-be-water-aware-health-advice-card/file>
- If you are bitten by a tick and then develop flu-like symptoms, or develop an unusual 'Bull's Eye' rash, please also contact your doctor or NHS 111. Bristol City Council's website includes a 'Tick Awareness' page: <https://www.bristol.gov.uk/residents/museums-parks-sports-and-culture/parks-and-open-spaces/tick-awareness>

We hope you enjoy the event!