

Keeping Safe at Events

Before you go:

- Read your ticket to make sure that you understand any particular conditions of entry e.g. no alcoholic drinks to be taken inside.
- Make sure that you family/friends know where you are going and who with, how you are getting there and the route you are taking.
- Make sure that you have family/friends contact details on your mobile phone.
- Consider which valuables to take with you and leave at home those that you will not need, including any cash cards.
- Make a note of your bank's emergency number to call if your cash cards are stolen.
- If you take medicines, ensure you take a sufficient supply with you.
- Consider the weather conditions and take waterproofs, warm clothing and a spare set of clothes to change into (if necessary).

Whilst you are there:

- Be aware of personal safety at all times and take extra care and avoid crowds wherever possible.
- Make sure you know where the emergency exits are at the venue.
- Stay with your companions, if you leave them make sure you make arrangements to meet up again at an agreed time and area.
- Look after your valuables.
- Be safe – watch out for accidents, injuries and theft.
- If you drink alcohol, drink sensibly and stick within the recommended limits.
- Don't leave your drink unattended, including soft drinks.
- If you take medication, ensure you take your supply with you and take it as prescribed.
- Carry a small first aid kit which includes a supply of plasters, medication for headaches etc.
- If the weather is hot, use sunscreen of factor 30 or above, applying it generously and topping up regularly. Wear loose, light-weight cotton clothing, sunglasses and a hat. Drink plenty of non-alcoholic fluids and eat more cold foods, especially salads and fruit, as these contain a lot of water and will help avoid dehydration.
- Avoid insect bites by applying repellents and wearing protective clothing.