

# WHAT TO DO IN AN EMERGENCY

FESTIVAL ORGANISERS ARE REQUIRED TO PROVIDE MEDICAL/FIRST AID FACILITIES. THESE CAN BE FOUND IN THE WELFARE TENT.

If someone overdoses, REMEMBER the 5 R's

## RESPONSE

If the person has passed out, get them to respond in some way. Gently tap them or call their name whilst watching for movement

## RING 999

Make sure that you contact emergency services immediately in order to get medical attention as soon as possible.

## REMOVE

If the person is still conscious, get them to spit the drug out of their mouth if applicable in order to reduce further harm.

## RECOVERY

If unconscious, place them into the recovery position or roll them onto their side to prevent them from choking on their own vomit.

## REMEMBER SUBSTANCE

Take any substances or empty bottles used to the hospital, or give them to the paramedics.

# STAY INFORMED

DRUG TESTING IS CARRIED OUT AT SOME FESTIVALS.  
ALERTS ARE MADE ON SOCIAL MEDIA AND AROUND THE DRUG TESTING TENT

# - HELP & ADVICE -



[www.wearetheloop.org](http://www.wearetheloop.org)



WHYNOTFINDOUT

[www.wnfo.org.uk](http://www.wnfo.org.uk)



FESTIVAL SAFE

[www.festivalsafe.com](http://www.festivalsafe.com)

# FESTIVAL SAFETY

IT'S FESTIVAL SEASON



## BE AWARE!

Festivals have a **Zero Tolerance Policy** regarding the selling and taking of drugs.  
If you are found in possession you could be:

**Refused Access**  
**Removed from the Venue**  
**Arrested or Fined**

**FESTIVAL ORGANISERS WANT PEOPLE TO  
STAY SAFE AND HAVE FUN!**

# STAYING SAFE

Most of your time at festivals is spent outside. You need to remember that too much sun can lead to...

**SUNBURN, HEAT EXHAUSTION, HEAT STROKE**

- Apply Sun Cream
- Chill in Shady Areas
- Wear Sunglasses
- Drink Plenty of Water
- Wear a Cap/Hat

## Know Your Surroundings



Familiarise yourself with important landmarks such as your tent field, welfare tent, water stations, toilet facilities and stages.

Think about how you will identify your tent, maybe personalise it.

## Keep Your Phone Charged



Think about how you will keep your phone charged. Check the festival website to find out if charging stations are available on site.

Take a charged power bank and remove apps you don't need to save battery.

## Lock Away Your Valuables



Theft is very common at festivals.

**DO NOT** leave valuables in or around your tent.

Many festivals will provide lockers where you can keep valuables safe.

## Stay With Your Friends



Festivals are a great time to meet new people, **however be careful!**

**DON'T** trust people you don't know, especially with your valuables.

**DON'T** go off on your own, stay with your group of friends.

## AVOID THE BINGE!

It's easy to overdo the alcohol! The body can only take so much before alcohol can cause problems. If you choose to drink alcohol, eat beforehand and alternate alcoholic drinks with water or non-alcoholic drinks.



## GIVE YOUR LIVER A BREAK!

The liver can only process a small amount of alcohol at a time (1 unit per hour). **Binge Drinking** puts the body under a lot of pressure, especially the liver. Give your liver a rest by drinking **Alcohol Free alternatives**.



## STAY HYDRATED!

Alcohol and Caffeine are diuretics, drinking these could lead to dehydration.



Many festivals offer '**FREE**' water stations and there will be plenty of alternative alcohol free drinks available to buy.

## KNOW YOUR LIMITS

Alcohol affects people in different ways. Some people become sad or happy whilst others can become angry and violent. Think about how alcohol affects your behaviour and the consequences it could have on yourself and others.



## DRINK SPIKING

**ALL** drinks, including soft drinks, can be spiked with alcohol or drugs. Reduce the risk by keeping your drink with you, **DON'T** share drinks and **DON'T** accept drinks from strangers. If you suspect a drink has been spiked **seek medical attention**.



## USING OTHER DRUGS!

Consuming alcohol when taking drugs can be very dangerous especially with depressant drugs. Mixing alcohol and drugs could affect breathing and heart rate, which could lead to hospitalisation or even death.



## SAFE SEX

Alcohol lowers inhibitions and affects judgement. If you choose to have sex, protect yourself from STI's by using a condom and get tested.

