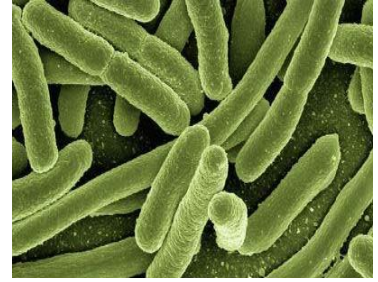


Waterborne Infectious Diseases



As a minimum members should:

- Never drink water from a river or lake.
- Refer to a doctor if contaminated water has been swallowed.
- Only drink from personal water bottles.
- Always shower after contact with the water.
- Wash hands thoroughly and shower if necessary before eating or drinking.
- Not throw coxes into the water.
- Cover cuts and abrasions (including blisters) with waterproof dressings.
- Wear suitable footwear when launching or retrieving a boat, particularly if it is necessary to wade into the water to prevent direct contact with the water and protect the feet from cuts and abrasions.
- Avoid immersion in, or contact with, water, particularly if there is an algal scum or bloom.
- Avoid splashing river or lake water onto your face or body in order to cool down (take a bottle of tap water with you for this).
- Use watering cans to clean boats after outings to remove any potential contamination.
- Keep oar handles clean particularly if contaminated with blood.
- Wash, and thoroughly dry, any contaminated clothing before re-use.
- Maintain immunization against Tetanus, also Hepatitis A, Hepatitis B, Polio, Typhoid and Dysentery when training abroad.

In addition to minimum standards members are advised to:

- Avoid jumping into, or swimming in, rivers and lakes.
- Avoid submerging hands or legs over the side of the boat in order to cool down (take a bottle of tap water with you for this).
- Avoid splashing river or lake water onto a sticking slide or oar (take a bottle of tap water with you for this).
- Minimise contact with water by wearing close fitting clothing.

