

1.1 SAFETY PLAN APPENDIX 3 – LEPTOSPIROSIS / WEIL’S DISEASE

Advice to be available to all crews and officials.

CAUTION

LEPTOSPIROSIS / WEIL’S DISEASE

Leptospirosis is an infection caught through contact with urine from infected animals (rats, cattle and pigs mainly) in water and soil. It is generally only a problem in slow moving or stagnant water. The organisms enter the skin through cuts and abrasions and also through the mouth, eyes or nose.

Prevention:

Do not swallow river water

Cover cuts and abrasions with plasters before approaching the river

Wash your hands after rowing, especially before eating (antiseptic handwash will be provided at the catering facility)

Keep your water bottles away from contaminated surfaces including water in the bottom of the boat

Always wear footwear when on the bank

If you fall into the river, the race officials will ask you to take a shower immediately – you are strongly advised to do this

If you feel unwell with 'flu-like' symptoms (vomiting, high temperature, headache, muscular pains) after the rowing event then you should contact your doctor straight away so that the proper treatment may be initiated immediately.