

How to Reduce your Risk of getting an Infection from the River

Recent publicity has highlighted the level of pollution in our rivers and, following the boat race, the risk of picking up infections from rivers. The Irwell was reported as having the UK's highest number of discharges of raw sewage per mile, and remember the Irwell is a tributary of the Mersey.

There are a number of steps which you may like to consider that will reduce the risk of you picking up an infection from bacteria or viruses while on the water.

Prior to boating

Use waterproof plasters on any cuts, abrasions or blisters before going afloat.

Bring spare clothes that you could change into if you get splashed while on the river.

Use a drinking bottle with a closed top, as opposed to a sports-type top.

Wear enclosed footwear, particularly if the river level is over the landing stage.

While afloat

Avoid swallowing any water that splashes close to your mouth.

If you capsize, fall in the river, or have any significant contact with river water, take a shower as soon as possible.

Clean and apply a waterproof plaster as soon as possible to any cuts, abrasions or blister which develop while you are afloat.

After the Outing

Wash down the boats and blades with tap water.

Wash hands before eating or drinking.

If you feel unwell later in the day after rowing, seek medical advice.

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