



## WATERBORNE DISEASES

The Scottish Environment Protection Agency (SEPA) are not aware of any waterborne diseases in the River Dee but rowers from Aberdeen Boat Club compete on many other stretches of water throughout the UK. Whilst the risks of contracting any disease are very small, the severity can be serious.

To help reduce the risk of contracting waterborne diseases, the following advice is given for all river users.

- Never drink water from a river or lake
- Only drink from your own water bottle
- Always shower after contact with the water
- Wash hands thoroughly and shower if necessary before eating or drinking
- Cover cuts and abrasions (including blisters) with waterproof dressings
- Wear suitable footwear when launching or retrieving a boat,
- Avoid immersion in, or contact with, water, particularly if there is an algal scum or bloom
- If contaminated water has been swallowed, consult a doctor
- Hose down all equipment after outings to remove any potential contamination.

Further information can be found in Section 5.3 of [Row Safe: a guide to good practice in rowing](#) written by British Rowing.

