Wellness Policy for Sundogs Festival

We do not recommend you take drugs, but if you do, please bear the following in mind:

- There are drugs in circulation in the UK that can kill with one single pill.
- There is no way to know what drugs contain from looking at them. Know the facts.
- If in doubt, get it checked out.
- Mixing drugs with other drugs/alcohol/prescription drugs can be very dangerous.
- You don't know the strength of what you might be taking. You don't know how you are going to react.
- Do not presume that if the drugs don't take effect quickly that they are not working. If you take more as a result of thinking they are not working, you will be at a higher risk.
- Treat all drugs as unknown.
- Take regular breaks if you are in a hot environment and rehydrate with water and soft drinks. Take small sips regularly but don't have more than one pint an hour.
- Ask for help if needed.

Nps and Former Legal Highs

Former legal highs are now known as NPS (New Psychoactive Substances) and it is an offence now to sell them. If you take NPS, then keep the packet in case you need to show someone what you have taken but note that what it says on the packet isn't necessarily what is in the packet. Also, chemicals can fall to the bottom of the bag leading to a very high dose.

Dealers

We will take firm action in conjunction with Herefordshire Police to arrest dealers.
There are covert volunteers on site and as a condition of entry, you are subject to search at any time. Security will search for illegal items including drugs.
If someone offers you drugs, please report them to the nearest member of security with as much information as you can.

Alcohol

- Pace yourself.
- Alcohol and other drugs can impair your judgement. Don't feel pressured into doing anything you aren't comfortable with.
- If you are having a bad time or struggling but don't feel you need medical attention, visit the Wellness Centre.
- If you need medical attention, visit the wellness centre or ask the nearest member of staff to help you.
- Alternate alcoholic drinks with soft drinks.
- If you are drinking from early in the day, try to stick to drinks with a lower ABV, for example, lager rather than spirits.
- Alcohol is the most common substance used to spike drinks. Never leave drinks unattended and don't accept a drink from someone you don't know.
- Mixing alcohol with drugs has been a common factor in some recent drug-related deaths connected with festivals.

Further Information

talktofrank.com

drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/effects-on-the-body/alcohol-and-illegal-drugs/