University of Gloucestershire at Tough Guy Event, Wolverhampton

On a cold, wintery February day, the University of Gloucestershire's Course Leader of the Sports Therapy Degree, Kate Cady, accompanied the first year Sports Therapy students to The Tough Guy Event at Wolverhampton. This is a biannual challenge which involves 8 miles of cross country followed by an assault course. The students provided sports massage and first aid to the very cold and very appreciative competitors, who travelled from all over the world to take part in this now legendary experience.

The Tough Guy competition was founded in 1987, when only a few hundred competitors took part and the course consisted of just a few hay bales and a cross country run. This year over 5000 competitors took part on a large and varied course which included a 30ft straw wall, fire jumps and underwater tunnels. Before running the course, participants must sign a "death warrant" which states that they accept the risks, run of their own free will and cannot claim in the case of injury!

This is the first year that the participants have had access to therapists, who provided the competitors with massage and treatment of cramps. The organiser, Mr Mouse, said: "Having therapy students at the event gave rise to a new super service for The Tough Guy Event."

'Tough Guy' gave students the opportunity to work on real athletes and gain vital work experience in the field of sports therapy. Hollie Taylor, who organised taking the students to the event, said: "I think it was an eye opener for the students, the immense size of the event and how they had to adapt their treatment from a clinic to working in a field!"

The occasion provided a good opportunity to promote the excellent facilities and courses that the University of Gloucestershire has to offer. The University is dedicated to providing its students with important and vital work experience with optimum learning opportunity both within and outside the University.

Student Nic Horne said: "I had a great weekend. We had to treat lots of people with hypothermia as it was

very cold and it was a very exciting event to be part of."

Kate Cady said: "This was a fantastic opportunity for the students to gain some sports first aid and sports massage experience at such an exciting event. The students were very professional and a credit to the Sports Therapy Degree at the University of Gloucestershire."

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