

1. Purpose of Policy

Eastern Gymnastics Club acknowledges the importance of maintaining adequate hydration whilst undertaking physical activity, and the risks associated with dehydration. This policy serves to ensure that gymnasts are given the opportunity to easily access water whilst minimising the time spent doing so.

2. Definition of Coverage

2.1. This policy applies to all members at training. It does not apply to competitions or special events, but may provide guidance in such situations.

3. General Advice

3.1. Gymnasts are generally advised that carrying water when training or competing is recommended and expected.

4. Clarice Rd Venue

- 4.1. Gymnasts training at Clarice Rd should bring with them a water bottle, which will be placed in a bucket taken with the class to all apparatus.
- 4.2. Gymnasts who do not bring a water bottle may be given a water bottle from the kitchen, the cost of which will be paid by the gymnast either at the conclusion of class, or the following week.
- 4.3. Staff giving gymnasts water bottles must record the gymnasts' name, class and the date as well as providing the gymnast with a slip informing them of the cost.

5. Elizabeth St Venue

- 5.1. Gymnasts training at Elizabeth St are strongly encouraged to bring with them a water bottle.
- 5.2. Gymnasts at Elizabeth St will be given short drink breaks where they may make use of the school's drinking taps if required, providing the coach is aware of this.

6. Policy Education

- 6.1. Prospective members will be asked to bring with them a drink bottle when booking a trial class.
- 6.2. Signs reminding members of the requirements of this policy will be displayed at the entrance to the gym.
- 6.3. If available, posters or other information about hydration will be displayed in the gym and/or made available to members.

7. Requirements & Responsibilities

7.1. Club Coordinator

- a) Ensure that water bottles provided are invoiced and paid for in a timely manner.
- b) Maintain an adequate supply of water bottles

7.2. Coaches

- a) Ensure that gymnasts have water bottles when required
- b) Make gymnasts aware of the need to maintain adequate hydration and raise awareness of this policy
- c) Comply with this policy, in particular the drink bottle cost recording and invoicing requirements.

7.3. Members & Parents

- a) Maintain adequate hydration
- b) Comply with the requirements of this policy