

## 1. Purpose of Policy

- 1.1. The risk of heat illness from vigorous exercise or high intensity sport is significant. It can range from cramps, through heat exhaustion to heat stroke, coma, and death. Eastern Gymnastics Club aims to minimise the risk of illness due to training in a hot environment

## 2. Definition of Coverage

- 2.1. This policy will apply to anyone at the Club involved with training during high temperatures, including gymnasts, coaches and assistant coaches, at either venue.
- 2.2. This policy will not apply to external organisations making use of the gym
- 2.3. This policy will not apply to competitions and like-events.

## 3. Policy Application

- 3.1. Before 5pm a class will be cancelled if, one hour before the class, the temperature in the gym is over 35°C.
- 3.2. If, at 4pm, the temperature in the gym is over 35°C, all classes beginning at 5pm or later will be cancelled.
- 3.3. If, during a running class, the temperature in the gym rises above 36°C, the class will stop running.
- 3.4. The above notwithstanding, competitive classes where the majority of gymnast are aged 13 or above, may train for up to 1.5 hours, if and only if cancellation of the session would be highly detrimental to their training regime and the temperature in the gym is below 38°C. During such training only strength, conditioning and flexibility work on the floor may be undertaken, with no skills requiring gymnasts or coaches to lift anything higher than their shoulder height (including other acrobats or themselves – e.g. on bars or rings). Regular drink breaks should be taken and coaches should be alert for any signs of heat stress. Attendance will be optional.
- 3.5. In the event of cancelled or altered training, wherever possible, notice will be given not less than 30 minutes before the commencement of class by:
  - a) SMS to the primary mobile phone number of a gymnast
  - b) Telephone
- 3.6. In the event of cancelled training, a sign will be displayed on the gym door.

## 4. Requirements & Responsibilities

### 4.1. Members

- a) Be aware of signs of heat stress
- b) Notify coaches of the appearance of any such symptoms.

### 4.2. Parents

- a) Advise gymnasts of signs of heat stress
- b) Notify coaches of any reasons why gymnasts might be more prone to heat stress than normal – i.e. recent illness, tiredness etc.
- c) Ensure gymnasts bring a full water bottle to class.

### 4.3. Coaches

- a) Be aware of signs and symptoms of heat stress, and recall that someone suffering heat stress might not be aware of it.
- b) If training is to go ahead on hot days, ensure any sessions run are in the best interests of the gymnasts.
- c) Do not push gymnasts to give 100% on days where the temperature in the gym is over 30°C.
- d) Ensure sufficient drink breaks are given.
- e) Ensure any training is safe given the conditions.
- f) Remember that heat tolerance varies drastically from individual to individual.
- g) Do not belittle any gymnast who cannot tolerate the heat.

- h) Ensure all gymnasts have a drink bottle

**4.4. Business Manager**

- a) Monitor the temperature in the gym before and during classes on hot days
- b) One hour before classes begin decide if training is to go ahead. The safety of the gymnasts should always be the prime concern in such a decision.
- c) Notify parents of the cancellation by SMS or telephone. (See Administration Procedures for more information)
- d) Post a notice on the gym doors stating that training is cancelled.
- e) Maintain a record of all cancelled classes.

**4.5. Most senior Coach present in the event that the Business Manager is not present at the venue**

- a) Monitor the temperature in the gym before and during classes on hot days
- b) One hour before classes begin decide if training is to go ahead. The safety of the gymnasts should always be the prime concern in such a decision.
- c) Notify parents of the cancellation by SMS or telephone (See Administration Procedures for more information)
- d) Post a notice on the gym doors stating that training is cancelled.  
Notify the Business Manager.