

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.
- 1.2. The Club further recognises the possibility of injury when exercising in cold conditions and aims to minimise this risk.
- 1.3. The exposure to poor air quality can cause adverse effects in all individuals.

2. Definition of Coverage

- 2.1. This policy will apply to anyone at the Club involved with training, including gymnasts, coaches and assistant coaches, at any Club 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. Hot Weather

- 3.1. As a guideline, temperatures above 35°C are unacceptable, and alterations to training or class should be considered at temperatures above 30°C.
- 3.2. In hot weather, coaches should be particularly careful that gymnasts remain well hydrated, and for classes longer than 2 hours, consider altering training practices, or finishing the class early.
- 3.3. The Club has invested in a cooling system for the 21 Clarice Rd venue to mitigate the risks of training in a hot environment and has supplied fans for use at the 12 Clarice Rd venue.

| Gym Temperature | Risk of Heat Illness* | EGC Action |
|-----------------|-----------------------|--|
| 21 - 25 degrees | Low - Moderate | Increase coach vigilance, encourage consumption of additional drinks, consider additional rest breaks |
| 26 - 30 degrees | Moderate | As above, plus consider reducing intensity of training and make changes to environment (increase air conditioning / airflow) as needed |
| 31 – 35 degrees | High – Very High | As above, plus consider shortening / cancelling classes depending upon age of or risk factors for gymnasts |
| 36+ degrees | Extreme | As above, plus class cancellation |

* Sports Medicine Australia Hot Weather Guidelines

- 3.4. The Club will make available water bottle for purchase and access to cups and water.

4. Cold Weather

- 4.1. Alterations to training or class should be considered at temperatures below 10°C.
- 4.2. In cold weather, coaches should allow gymnasts to train in appropriate clothing in which they are comfortably warm but does not impact on their safety. Coaches should also be aware of the effect of cold on the body.

5. Poor Air Quality

- 5.1. EGC are following the recommendations provided by Gymnastics Victoria after their assessment of the information provided by Australian Institute of Sport (AIS) and based on Air Quality Index (AQI) Guidelines. The AQI rating is available from the Bureau of Meteorology (BOM) or at other websites such as <https://aqicn.org/city/melbourne>
- 5.2. The following guidelines are in place at EGC based on our gymnasts training in an indoor facility.

| AQI | Recommendation |
|-----------|---|
| < 177 | Okay to train |
| 177 – 200 | Modified training |
| > 200 | Cancel training outdoors or in buildings with no filter |

6. Class Cancellation and Alteration

- 6.1. If the temperature or air quality in the gym is deemed to be unacceptable, the Club General Manager or their representative may make the decision to cancel some or all classes for the day. Such a decision should be made taking into consideration the level of risk to gymnasts and coaches and any expectation of the temperature or air quality increasing or decreasing in the next 1-2 hours.
- 6.2. 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, or
 - b) Telephone, and
 - c) Club Social Media
- 6.3. In the event of cancelled training, a sign will be displayed on the gym door.

7. Requirements & Responsibilities

7.1. Gymnasts

- a) Be aware of signs of heat stress or other symptoms
- b) Notify coaches when experiencing any of these symptoms
- c) Bring their own drink bottle and consume appropriate amounts
- d) Adhere to any coach direction related to rest, intensity and drink consumption

7.2. Parents

- a) Advise gymnasts of signs of heat stress or other symptoms
- b) Notify coaches of any reasons why gymnasts might be more prone to heat stress or air quality issues than normal – i.e. recent illness, tiredness etc
- c) Ensure gymnasts bring their own drink bottle

7.3. Coaches

All coaches must follow the directions by the General Manager or Senior Coach on Duty regarding modifying training during extreme Weather.

- a) If training is to go ahead on hot / cold days or days of poor air quality, ensure any sessions run are in the best interests of the gymnasts
- b) Do not push gymnasts to give 100% on days where the weather conditions are adverse
- c) Ensure enough drink or rest breaks are given
- d) Ensure any training is safe given the conditions
- e) Be aware of signs and symptoms of heat stress or air quality issues, and recall that someone suffering heat stress or effected by air quality issues might not be aware of it
- f) Remember that heat tolerance and effects of poor air quality varies drastically from individual to individual
- g) Ensure any gymnast without a drink bottle is provided access to water for the duration of the class

7.4. Club General Manager

- a) Be responsible for the monitoring of temperature and air quality in the gym before and during classes on days of extreme weather conditions
 - (i) The weather forecast should be monitored to ensure days of potentially adverse temperature are prepared for
 - (ii) The AQI should be monitored to ensure days of potentially adverse temperature are prepared for

- b) Make decisions on the cancellation or alteration of classes. The safety of the gymnasts should always be the prime concern in such a decision
- c) Notify parents and/or gymnasts of the cancellation or alteration by SMS or telephone and Club Social Media
- d) Post a notice on the gym doors stating that training is cancelled
- e) Maintain a record of all cancelled classes
- f) The Club General Manager should appoint another person to undertake their responsibilities whenever they are unable to be present
- g) Monitor and perform any environments (air conditioning / airflow) changes as required for each venue
- h) Be responsible to maintain an adequate supply of water bottles