

# Drink Bottle Policy

## **1. Purpose of Policy**

Leongatha 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. Leongatha Venue**

4.1. Recreational gymnasts training at Leongatha should bring with them a water bottle, which will be placed in the drink bottle area next to the white cupboard.

4.2. Competitive gymnasts training at Leongatha should bring with them a water bottle, which can be taken around the gym with them.

4.3 Drink bottles can be refilled in the toilets or by a coach or administrator in the kitchen.

## **5. Foster Venue**

5.1. Gymnasts training at Foster should bring a drink bottle with them to class, which should be left with their shoes.

## **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. Head Coach**

- a) Ensure that coaches know where drink bottles can be refilled.
- b) Ensure coaches are giving gymnasts adequate drink breaks.

### **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.

### **7.3. Members & Parents**

- a) Maintain adequate hydration
- b) Comply with the requirements of this policy
- c) Bring a drink bottle to all classes