

Extreme Temperature Policy

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. Leongatha 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.

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 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, training in temperatures above 35°C should be considered 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.

4. Cold Weather

4.1. As a guideline, training in temperatures below 5°C is unacceptable, and alterations to training or class should be considered at temperatures below 10°C.

4.2. In cold weather, coaches must allow gymnasts to train in sufficient clothing that they are comfortably warm unless that would affect their safety. Coaches should also be aware of the effect of cold on the body.

5. Class Cancellation and Alteration

5.1. The Head Coach or committee may deem the conditions inside the gym unacceptable for training and make the decision to cancel some or all classes for the day at that venue. Such a decision should be made taking into consideration the level of risk to gymnasts and coaches and any expectation of the temperature increasing or decreasing in the near future.

5.2. 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 either:

- a) SMS to the primary mobile phone number of a gymnast, or
- b) Telephone
- c) Schools will be notified
- d) Tiqbiz
- e) Clubs Facebook Page

5.3. In the event of cancelled training, a sign will be displayed on the gym door.

Extreme Temperature Policy cont.

6. Requirements & Responsibilities

6.1. Gymnasts

- a) Be aware of signs of heat stress
- b) Notify coaches of the appearance of any such symptoms.
- c) Comply with the Drink Bottle Policy

6.2. 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 comply with the Drink Bottle Policy.

6.3. Coaches

- a) If training is to go ahead on hot or cold days, ensure any sessions run are in the best interests of the gymnasts.
- b) Do not push gymnasts to give 100% on days where the temperature is adverse.
- c) Ensure sufficient drink breaks are given.
- d) Ensure any training is safe given the conditions.
- e) Be aware of signs and symptoms of heat stress, and recall that someone suffering heat stress might not be aware of it.
- f) Remember that heat tolerance varies drastically from individual to individual.
- g) Ensure all gymnasts comply with the Drink Bottle Policy

6.4. Head Coach

- a) Be responsible for the monitoring of temperature in the gym before and during classes on hot and cold days.
 - (i) The weather forecast should be monitored in order 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, schools announcement, clubs Facebook page or tiqbiz.
- d) Post a notice on the gym doors stating that training is cancelled.
- e) Maintain a record of all cancelled classes.
- f) The Head Coach should appoint another person to undertake their responsibilities whenever they are unable to be present.