

HEAT POLICY

Policy Objective and Scope

The purpose of this policy is to outline the conditions under which classes will be cancelled as a result of extreme heat as well as explaining the safety measures we take to ensure we reduce the risk of injury or illness when training in hot weather.

This policy applies to all classes and events held at Forefront Gymnastics.

Conditions & Procedure for Cancellation Definitions:

Extreme Heat = Weather forecast over 40°C BOM = Bureau of Meteorology

Accuweather / Bureau of Meteorology = Local forecast

ACTION – over 35°C

- If a day is forecast to be over 35°C, fans and coolers will be turned on during the morning sessions in the aim of keeping the gym as cool as possible
- Classes will not be cancelled

ACTION – Extreme Heat – forecast 40°C and higher

- If a day is forecast to be over 40°C, fans and coolers will be turned on during the morning sessions in the aim of keeping the gym as cool as possible.
- The internal temperature will be measured using a digital device throughout the morning sessions and continue throughout the afternoon before afternoon sessions commence by a staff member.
- The live radar on BOM and Accuweather will be checked to see Local forecast maximum temperature
- If any cool change is imminent; this could provide cooler relief

ACTION will be

- If the internal temperature in the gym is 37°C or over at 2:00pm, and no cool change forecast, all classes will be cancelled
- If a cool change is forecast, the temperature will be rechecked at 3:00pm.
- If at 2:00pm the internal temperature is 36.9°C or under classes will continue
- If the internal temperature in the gym is 37°C or over at 3:00pm, and no cool change forecast, all classes will be cancelled
 - You will receive an email or a telephone call from Forefront Gym advising classes have been cancelled
 - If Forefront Gymnastics cancels a scheduled recreational or term paying squad class or event, members will receive the cost of the session as a credit or make-up session (dependent on class capacity limits);
 - If Forefront Gymnastics cancels a scheduled monthly paying squad class or event, members will not receive a credit as the cost is already incorporated into the monthly fee calculation

EXCEPTIONS TO CANCELLATION POLICY

Competitive gymnasts may train if cancellation of the session would be detrimental to their training regime. This will be decided by the Senior Coaches of each Competitive discipline after consultation of the parents.

During such training it is advisable to reduce workload and monitor for signs of heat stress. Regular drink breaks should be taken, and coaches should be alert for any signs of heat stress. The length of such training sessions may be reduced.

HOW WE NOTIFY YOU

- An email will be sent to all members and coaches cancelling classes
- A message will be uploaded to our social media cancelling classes
- A sign will be posted on the entrance doors of the Club

REIMBURSEMENT

If applicable, the cost of the class will be credited through iClassPro to each gymnast, this credit can be applied to a future enrolment or holiday session.

TRAINING AND HEAT STRESS

Due to gymnastics being an indoor sport there can sometimes be an increased risk of heat illness from any form of exercise, being warm up, stretching, skill work or routines. Effects of heat can range from cramps, through to heat exhaustion to heat stroke, and in the worst case, coma & death.

During vigorous exercise gymnasts may produce heat 15 to 20 times higher than when at rest. Dissipation of this excess heat is primarily achieved through sweating. If the body's ability to dissipate heat is compromised, core temperature in an average size individual may rise by one degree Celsius for every five minutes of exercise if no temperature regulating mechanisms are activated.

If an individual's core temperature is above 40 degrees Celsius (normal 37 degrees) the risk of heat injury is significant.

Factors which impair the body's ability to dissipate heat are:

1. High ambient temperature;
2. Humidity (which compromises the efficacy of sweating);
3. Dehydration.

The club recognises that sports heat stress is complex, and because individual responses to heat stress vary, it is not possible to provide overall recommendations about limiting conditions to cover all disciplines of Gymnastics.

Since heat stress varies with exercise intensity, potential for heat illness vary with the training program of that day.

Symptoms of heat stress:

1. Fatigue
2. Nausea
3. Headache, confusion, light-headedness
4. Hot and dry skin

Those showing such symptoms should immediately stop training, drink more fluids and cool down. Medical treatment should be sought for those who do not improve quickly.

Please note: Gymnasts with heat injury might not be aware that they are suffering from dehydration or heat stress

POLICY COMPLIANCE

Forefront Gymnastics will prevent heat illness by adhering to the following guidelines:

Classes

Gymnastics sessions will be cancelled when the internal temperature exceeds or is likely to exceed 37 degrees Celsius as per above actions.

Hydration

The more participants sweat, the more fluid they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity. This should be heavily encouraged and monitored by coaches.

Water coolers are located in the bottom downstairs viewing area. These will be regularly checked to ensure they are filled, if they are empty please advise a coach or a member of staff.

Participant rest

In conditions of high risk, participants will be provided opportunities to rest. For internal temperatures greater than 26°C and less than 30°C, all participants will be rested for at least 10% of the period they would normally participate.

For situations where the internal temperature is greater than 31°C and less than 36.9°C, all gymnasts will be rested for at least 25% of the period in which they would normally participate.

The positive effects of rest breaks should also be maximised by employing the following strategies:

- Fans and Air Conditioning to be switched on early in the day to keep the temp as low as possible; and
- Providing additional fluids to drink and to allow participants to spray or douse themselves to assist with cooling.
- During drink breaks, go to the front foyer where it is cooler

Requirements & Responsibilities Members & Parents

- Provide correct and up to date contact details to our office staff primarily a mobile phone number, and the home phone, email
- Discuss with your child the signs and effects of heat stress as detailed in this policy
- Notify coaches of any reasons why your child might be more prone to heat stress than normal for example - recent illness, tiredness etc.
- Ensure your gymnast brings a full water bottle to class

Coaches

- Be aware of signs and symptoms of heat stress, and be aware that someone suffering heat stress might not be aware of it. Show understanding to any gymnast who cannot tolerate the heat
- If training is to go ahead on hot days, ensure any sessions run are in the best interest of the gymnasts
- Do not push gymnasts to give 100% on days where the temperature in the gym is over 35°C
 - Modify your session according to weather conditions, ensure any training is safe for all participants
 - Ensure all gymnasts have a drink upon your request
- Ensure sufficient drink breaks are at least every 15 minutes if the temperature is above 30°C Celsius
- Be aware that heat tolerance varies drastically from individual to individual

Club Manager/Administration staff

- Monitor the temperature in the gym before and during classes on hot days
- At 1:00pm or 3:00pm decide if training is to go ahead (The safety of the gymnasts will always be the prime concern in such a decision)
- Notify coaches and assistant coaches of the cancellation
- Put notice on social media regarding cancelled classes and notify parents of the cancellation by email or phone call if needed
- Post a notice on the gym doors stating that training is cancelled due to extreme heat conditions and Forefront Gymnastics are enacting the Heat Policy and

- Office Staff organise reimbursement for all classes cancelled on the day

Policy Outcomes

Anticipated outcomes of the club's Heat Policy are as follows:

- Increased awareness of Heat Illness and its dangers;
- Healthy members; & Education of members regarding safe participation in hot conditions.