

HPC Heat Policy

The three programs at the HPC each are to have their own heat policy based on the following

1. Morning training will take place as per the training schedule
2. Afternoon training will be cancelled if the forecasted temperature is to be over 36° for MAG and RG. WAG program may cancel if temperature is between 32° – 34°. These figures are under review with the Medical Team.
3. The decision on non-training will be made as of the weather report stated at 9.00am on the day of training.
4. For extended periods of high temperatures, training sessions may be amended / changed so as to still be able to train appropriately & safely – especially leading up to major events. This information will be disseminated to families as required
5. During non school days alternative arrangements may be made i.e. the morning training may be extended. This may also occur with senior girls leading into major events.
6. The WAG gym is to keep records of the temperatures inside the gym on a daily basis in summer.
7. All athletes are to have a water bottle at all training sessions and be encouraged to drink regularly.
8. Coaches and parents are responsible to ensure that all gymnasts are well hydrated and not suffering with heat.
9. Gymnasts who are hot are encouraged to use a wet towel and stand in-front of the fans or move to a cooler area ie hall way.
10. Athletes who show signs of heat stress should be moved to a cooler location immediately.

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EVENTS

GV events do not normally run in extremely hot weather and are indoors. The decision to cancel an event due to Heat will be made by the competition organizer.

Due to the relatively short periods of high intensity activity during a gymnastic competition it is not expected that this policy will often be enacted.

GV applies an onus of responsibility upon the organiser/s of gymnastics events to judge the weather conditions as suitable and safe for competition to continue. We acknowledge that whilst at the event, the duty of care to the athletes lies with the accredited and registered coach assigned to that gymnast. In addition to the requirements in a Host Club agreement, the Host Club must also supply cooling mechanisms for gymnasts before, during and after the competition.

Factors to take into consideration:

- Construction of the venue i.e. insulated or not
- Intensity of the activity to take place
- Humidity

Recommended Strategies

The first duty of care is that of the accredited and registered coach assigned to the gymnasts

- Athletes, officials and spectators are to be strongly encouraged to bring a water bottle
- Regular announcements to remind participants to drink their water
- Fresh water must be freely available.
- A fan/s be available for use by athletes and officials.
- A wet/damp towel be available to assist in cooling in conjunction with the fan/s
- Ice packs be available
- That the first aid officer be aware of the signs and symptoms of heat illness.