



## Hot Weather Policy

### Policy Scope

Koorana Gymnastics Club acknowledges that environmental factors such as heat can affect the health and safety of all those involved in activities conducted by the Association and its Members.

Gymnastics is an indoor sport and members involved in training and competitions are at risk from dangers relating to high environmental temperatures, but not direct sunlight.

Koorana Gymnastics Club encourages all members to adopt and implement this policy for the safety of those involved in Gymnastics at all levels of participation, across GymSports.

This policy governs:

- Gymnasts/Athletes
- Club and State Team Coaches
- Judges/Officials
- Club Administrators
- State Team Managers/Chaperones
- Competition Floor Managers

### Recommended Preparation

Coaches, club administrators and athletes should make themselves aware of expected temperatures for their day of training or competition.

Coaches should ensure athletes have followed the recommended pre-activity fluid intake of at least 500ml (2/3 glasses) ½ to 1 hour prior to training or a competition.

Water should be available at the venue but it is recommended to carry a personal supply of water.

Athletes participating in training and competitions should ensure a sufficient level of fitness has been achieved, however if they are feeling unwell prior, during or following commencement of their activity in hot weather they should seek medical advice.

Coaches/athletes should prepare personal cooling items such as a spray bottle containing cool water to be sprayed on the face and/or body when required, or a cool hand towel that can be dampened and applied to the face and/or body when required.

Vigorous exercise in sport places some people at risk of heat illness. Even in cool weather, heat illness may occur in people exercising at high intensity for more than about 45 minutes. Heat illness may also occur with prolonged exposure to hot weather.

### **Venue Responsibilities**

Ensure venue airflow is maximised, including the use of air conditioners or fans where practical, during activities.

Ensure a sufficient supply of ambient (room temperature) water is available.

A supply of ice (to suck on or apply at the back of the neck) should be available at all venues.

### **Coaches' Responsibilities**

Ascertain whether any athletes in their care have a known medical condition.

Ensure athletes take adequate fluids before, during and after training performing routines.

Encourage fluid intake during breaks.

Ensure adequate rest breaks are taken during training sessions.

Request additional time between performing routines for the purpose of athlete recovery and fluid intake, during competitions.

### **Officials' Responsibilities**

Monitor athletes for signs of heat illness. Some of the symptoms of heat related illness include, but are not limited to;

- Light headedness, dizziness
- Nausea
- Fatigue
- Cessation of sweating
- Obvious loss of skill and coordination/clumsiness or unsteadiness
- Confusion
- Aggressive or irrational behaviour
- Altered consciousness
- Collapse
- Ashen grey pale skin

Ensure this policy is adhered to

This competition manager should be prepared to cancel or discontinue competitions in extreme conditions.

### **Treating heat illness**

Early treatment recommendations for heat illness include;



- Remove from the field.
- Lay the person down in a cool place.
- Raise legs and pelvis to improve blood pressure.
- Remove excess clothing.
- Cool by wetting skin liberally and vigorous fanning (evaporative cooling).
- Give cool water/fluids if conscious.
- If the athlete remains seriously ill, confused, vomiting or shows signs of altered consciousness call an ambulance immediately and seek medical help. If in doubt, treat for heat stroke.
- Continue cooling. If available, cool in a shallow canvas/plastic bath of iced water (5-10 minutes).
- If necessary cooling should continue during removal to hospital.

It must be noted that any treatment under this policy should only be conducted by those trained sufficiently to do so.

#### **Athletes Recommended Fluid Preparation and Replacement Rate**

Should drink at least 500ml (2 glasses) of water in the 2 hours prior to exercise.

Athletes' engaged in exercise lasting 60 minutes or longer should drink at least 500ml (2 glasses) of water or sports drink per hour.

Athletes' should during training/competition take advantage of all breaks to drink up.

After training/exercise athletes should drink water to replace your fluid deficit to ensure that they are fully re-hydrated.

#### **Cancellations**

**The following clause is to be applied to events and training sessions that are conducted in non air-conditioned venues and facilities. Koorana Gymnastics Club has substantial air**



**conditioning facilities and therefore these cancellation clauses will only apply in the event of the air conditioning being out of service. If this is the case, email and SMS communication will be sent to all effected members on the effected day following the below mentioned procedure.**

If the maximum temperature is **36 degrees Celsius or below ALL** scheduled GymSport classes/sessions will be held.

If the maximum temperature is **37 degrees Celsius of above** there will be **NO** scheduled GymSport classes/sessions held.

The forecast by which any decisions will be made will be the **forecast temperatures accessed from the Bureau of Meteorology website; Location 'Glenelg' at 8am on the day of the scheduled GymSport class/session.**

**Website address is:-** <https://www.bom.gov.au/sa/forecasts/glenelg.shtml>

## **References**

Sports Medicine Australia

Beat the Heat: playing and exercising safely in hot weather fact sheet (2011).

<https://sma.org.au/sma-site-content/uploads/2017/08/beat-the-heat-2011.pdf>  
(accessed February 2021)

<https://www.sasma.com.au/Resources/HotWeather.aspx>

## **APPROVAL AND REVIEW**

Approved by: Koorana Gymnastics Club Board

Review Date: April 2022

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