



REACH GYMNASTICS EXTREME HEAT POLICY

Reach Gymnastics (Pakenham) has had an Evaporative Cooling system installed to eliminate lost days of gymnastics and to increase the comfort of our gymnasts, their families and our staff, throughout the warmer months of the year.

Reach Gymnastics (Monbulk) has a split air conditioning system installed to eliminate lost days of gymnastics and to increase the comfort of our gymnasts, their families and our staff, throughout the warmer months of the year.

We will cancel afternoon and evening classes, where we foresee that the temperature will exceed 36° within the gym. This may happen if the humidity is too high for our evaporative cooling to be effective, or our split system fails. Our office will be in touch via both SMS and email, to inform parents of cancelled classes, prior to 3pm on the day.

1. The Purpose of this Policy: Reach Gymnastics has produced this policy to provide guidance to coaches, parents and participants on the best approach to ensure a safe training environment on days of Extreme Heat. A Day of Extreme Heat is defined as a forecasted temperature of 36° or higher inside the gymnasium.

2. Who this Policy Applies to: This policy applies to all staff, parents and participants at Reach Gymnastics (Pakenham and Monbulk).

3. Policy Statement: Reach Gymnastics Extreme Heat Policy determines that classes beginning at 4pm, or later, on a Day of Extreme Heat, will not be held. The indoor temperature will be measured on the Day of Extreme Heat at 2pm. If the temperature is exceeding 36 degrees in the gym, we will notify families enrolled in 4pm and later classes via SMS and email that classes are cancelled. This measure has been predetermined to ensure all staff, parents and participants are aware of what a Day of Extreme Heat is, and is not, so as to maintain consistency across the club's training sessions. Parents will receive a credit of fees for a gymnastics session, which is missed due to Extreme Heat, and these fees will be credited to the following fortnights fees.

4. Strategies to Minimise Risk: On hot days, which do not fall into the category of a Day of Extreme Heat, the safety and comfort of the participants will be maintained to the following measures:

- doors will be opened to allow the exchange of indoor and outdoor air
- coaches will amend the training program to ensure it is not too intense and extra drink breaks will be allocated
- parents should ensure children have adequate water available before, during and after training



- participants should bring extra water bottles, drink regularly and rest if they become too fatigued
- naturally, parents can choose to keep their child away from training if they believe it is in their best interest, however, there will not be any credit of fees if the Extreme Heat Policy does not apply