



HEAT POLICY

1. Excessive Heat

Temperature inside the gymnastics area is monitored. The gym is cooled by fans and ventilated by opening the roller doors on two sides of the gym. Gymnasts are given drink breaks at the end of every apparatus. Temperatures below 30 degrees are not considered to have significant impact on training.

What to drink

- [Queensland Health](#) recommends that during hot weather, water (room temperature or slightly cool rather than very cold) is the best fluid to drink.
- Drinks containing caffeine (tea, coffee, cola and some “energy” drinks) as well as drinks containing excessive sugar (soft drinks, colas, some “energy” and “sports” drinks) should be limited or avoided altogether.

1.1 Temperature 30 to 36.9 degrees the club will:

When the temperature inside the gym is between 30 to 36.9 degrees the club will: •
Allow gymnasts more frequent drink breaks

Health effects of excessive heat

- Heat-related conditions cover a variety of symptoms ranging from swelling of hands and feet, prickly heat occurring in unacclimatised people and heat cramps, through to heat exhaustion, to the more severe and potentially fatal heatstroke.

1.2 Temperature 37 degrees or more

When the temperature inside the gym is 37 degrees or more, in addition to the measures listed above the club will:

- Significantly reduce the intensity of activity
- Give gymnasts drink breaks every 15 minutes
- In classes of three hours or longer, allow gymnasts to take a 10-minute break halfway through their class.

1.3 Class postponement

If the ambient temperature is over 36 degrees Celsius **and** the relative humidity is over 30%, there is an extreme risk of heat illness.

- Postponement of classes will be considered and planned vigorous, sustained physical activity may be cancelled.