
MITCHAM RHYTHMIC GYMNASTIC CLUB INC.

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MITCHAM RHYTHMIC GYMNASTIC CLUB SQUAD HOT WEATHER POLICY

The following policy applies to all classes during term 4 2024 and term 1 2025.

MITCHAM GIRLS HIGH SCHOOL: On the day of the class if the forecast maximum temperature provided by the Bureau of Meteorology (BOM) website at 7am is predicted to reach 37 degrees or more, the class will instead be held online (eg. via zoom or google meet). If that is not possible, the class will be **cancelled**.

UNLEY PRIMARY SCHOOL: Classes will proceed regardless of weather as gymnasium is airconditioned.

During summer and warmer months, please also be aware of the following:

Club & Coach Responsibilities:

- Ensure airflow is maximised.
- Provide ice on site.
- Ensure a coach with current first aid qualifications is on site.
- Ascertain any known medical conditions from enrolment forms.
- Ensure gymnasts take enough fluid during class.
- Allow additional recovery time if necessary.
- Monitor gymnasts for signs of heat stress.

Gymnasts' Responsibilities:

- Ensure sufficient hydration before, during and after training.
- Bring sufficient cold water.
- Ensure you are dressed appropriately for the weather conditions i.e. do not overdress.
- A spray bottle and hand towel is recommended.
- Advise the coach immediately if you are feeling unwell.

General Notes:

- Gymnasts need to maintain good hydration levels during training to prevent dehydration which can negatively impact performance. In most circumstances, water will be sufficient to meet hydration needs. Well timed use of sports drinks can be beneficial during long or hot sessions as they simultaneously provide fluid, carbohydrate for the active muscles as well as electrolytes for hydration. Excessive use of sports drinks can lead to poor dental health and should be avoided.
- Water for hydration during training or competition during hot weather may be cold or at room temperature but not warm.
- If an athlete suffers heat stress immediate treatment from a trained professional will be sought.
- If an athlete suffers heat stress then part of the recommended treatment is to only administer water at room temperature – not cold.

This policy has been prepared after recommendations from Senior First Aid Course, Gymnastics Australia recommendations, prior knowledge & common sense and Squad training requirements.