



**TWISTERS GYMNASTICS
EXTREME HEAT POLICY
TORQUAY**

The Extreme Heat Policy will only come into effect in the event that there is a failure with the cooling system, and it is not working on a day, which has a forecast for extreme heat, in accordance with the policy below OR at the discretion of the Management Team. As the cooling will work to reduce the temperature inside the gym even at extreme outside temperatures, classes will not be cancelled in the event that the cooling system is in working order, regardless of the outside temperature.

1. The Purpose of this Policy:

Twisters 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.

If, at 11am on the day that training is to be held, the Bureau of Meteorology (www.bom.gov.au) has forecast a maximum temperature of 36° or more, for Torquay, irrespective of the actual temperature at the time of training, the *Extreme Heat Policy* does apply. The *Extreme Heat Policy* can also be implemented at the discretion of the Management Team, if it is deemed necessary due to extenuating circumstances.

2. Who this Policy Applies to:

This policy applies to all staff, parents and participants.

3. Policy Statement:

Twisters Gymnastics *Extreme Heat Policy* determines that classes beginning at 12pm, or later, on a *Day of Extreme Heat*, will not be held.

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.

Our office will notify enrolled families via SMS and email to advise of cancellations. 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 month's membership 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:

- large fans have been installed throughout the gym to provide cooling air movement
- the roller shutter door 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