



Gold Coast Gymnastics
Club

HEALTH AND SAFETY BEAT THE HEAT POLICY

1. Policy Statement

Gold Coast Gymnastics' Beat the Heat Policy provides for a heat wise organisation. Although gymnastics is primarily an indoor sport we are not immune to extreme weather conditions, heat in particular. It is acknowledged that heat stress and similar aversions to hot weather are preventable and therefore a strategy will be implemented by G.C.G.C to avoid such occurrences.

2. Purpose

The object of this document is to prevent injury, and possible death, from heat illness in sport and activity by assisting Members, officials, coaches and participants to recognise and manage potentially dangerous heat situations.

3. Definition

3.1. Member; being a Club Member participating in an appropriate session, visiting or competing gymnast, coaches, judges, volunteers &/or committee members.

3.2. Heat; measured as the ambient temperature.

4. Rationale

Due to the sport of gymnastics being an indoor sport G.C.G.C sees it as a responsibility to educate young people on the dangers of overheating and how to care for their bodies. By providing Gold Coast Gymnastics members and staff with a Heat Policy we are both protecting and educating them.

5. Scope

Gold Coast Gymnastics is in operation during hot periods throughout the year and will be strictly following the Heat Policy in order to keep our members safe and healthy.

6. Policy Education

The policy will be available in a hard copy to all members through it's inclusion on the club website and upon request from the office. It will be distributed to new members in the same manner.

7. Policy Compliance

The following is the directive of the G.C.G.C Beat the Heat Policy. These guidelines are to be followed by all members at appropriate times and venues. Gold Coast Gymnastics will prevent heat illness by adhering to the following guidelines:

• Timing of training sessions

All gymnastics sessions should be scheduled to avoid conditions where ambient temperature exceeds or is likely to exceed 36 degrees Celsius. In Australia participants are likely to be exposed to their highest risk of heat injury in the months of December, January and February (this may vary in parts of the country). Early morning or night sessions minimise the risk of encountering unacceptable conditions at these times of year.

• Acclimatisation

If training sessions or activities are to be conducted after long periods of cooler conditions, participants should strive to be fully acclimatised prior to participation. Physiological adaptations to exercising in the heat are rapid and can occur after 3-5 days in a hot environment. Full acclimatisation can take 10-14 days or longer.

• Hydration

The more participants sweat, the more fluid they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity. This should be heavily encouraged and monitored by coaches.

• Participant rest

In conditions of high risk participants should be provided opportunities to rest. For situations where the ambient temperature is greater than 31 degrees and less than 36 degrees Celsius, all gymnasts' should be rested for at least 25% of the period in which they would normally participate.

The positive effects of rest breaks should also be maximised by employing the following strategies:

- Providing fans and ice packs; &

- Providing additional fluids to allow participants to spray or douse themselves to assist cooling.

When temperature exceeds 36 degrees all sessions will be postponed or cancelled.

Children and heat

At ambient temperature greater than or equal to 30 degrees Celsius, children have greater difficulty getting rid of heat than adults.

Regular and effective drinking practices should become habitual to young participants before, during and after activity.

- Additional information about children and heat

Gold Coast Gymnastics Club has familiarised themselves with Sport Medicine Australia's Hot Weather Guidelines and Beat the Heat brochure. These documents are available as a web download from www.sma.org.au. G.C.G.C has purchased a dry bulb thermometer to measure ambient air temperature on-site to ensure local conditions are accurately measured.

The Beat the Heat Policy will be reviewed annually to ensure that the document remains current and practical to the Club's requirements.

8. Confidentiality

Breaches of this policy must be reported to Gold Coast Gymnastics Club Members Protection Information Officer (MPIO) or the club management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond G.C.G.C management is not permitted.

9. Policy Outcomes

Anticipated outcomes of Gold Coast Gymnastics- Beat the Heat Policy are as follows:

Increased awareness of Heat Illness and its dangers;

Healthy members; & Education of members regarding safe participation in hot conditions.