

Gym Heat Policy

During the warmer weather coaches ensure that gymnasts are drinking water during training. Water is the best fluid to take in, but the gymnasts can have diluted diet cordial or a sports drink. Depending on the length of the training session coaches, from time to time, should monitor the fluid intake of the gymnasts. Gymnasts must bring their own water bottle and ensure it is clearly named.

The gym is often very warm in summer and common sense should be applied. Assess your set work to make sure that your requirements are appropriate for that day. Asthma brought on by over exertion in the heat or even dizziness or fainting can be deemed as neglect on your part if set activities are unreasonable.

GFA

In hot weather it is at the parents' discretion as to whether or not their child participates.

Squad

Ensure the gymnasts are drinking water during training. Staff should monitor the fluid intake of the gymnasts from time to time. This can be done by checking the size of a drink bottle and ensuring that the gymnasts complete the full bottle of fluid by the end of the training session.

Once the temperature goes over 30 degrees, it is the responsibility of staff to monitor fluid intake more closely, and provide more frequent drink opportunities.

Gymnasts are not to be taken outside for running if the temperature is above 30°C.

If the temperature is above 35 degrees the gymnasts can opt not to come to training on that particular day. All staff members are still expected to come to training regardless of temperature.

Further Information

If you would like further information, please write to the MLC Gymnastics Club at 207 Barkers Road, Kew 3101, or via facsimile on (03) 9274 8168 or via email

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