

MRGC SQUAD HOT WEATHER POLICY RECOMMENDATION

Squad training will be held despite hot weather unless you are notified by the Squad Manager or her representative.

Training times may be altered or classes shortened during extreme heat. You will be notified of these changes by the Squad Manager or her representative.

We accept discretion by parents in cases of prolonged hot weather where training has not been cancelled or shortened. Where the parent has concerns about their child attending training during hot spells, please contact the Squad Manager prior to training to discuss.

Club & Coach Responsibilities

- Ensure airflow is maximised by using the installed industrial fans and if necessary opening additional doors.
- 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.
- Provide additional water if required.

Gymnasts Responsibilities

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

General Notes.

- Water for hydration during training or competition during hot weather may be cold or at room temperature but not warm.
- Red Cross recommended fluid preparation and replacement is at least 500 mls (2-3 glasses) ½ to 1 hr prior to exercise; at least 200 mls (1 glass) every 15 minutes during exercise; 500 mls (2-3 glasses) after exercise. However please note that these recommendations do not specify bodyweight, intensity of exercise and should therefore only be used as a guide.
- If an athlete suffers heat stress then part of the recommended treatment is to only administer water at room temperature – not cold.
- If an athlete suffers heat stress immediate treatment from a trained professional will be sought.

The above has been prepared after recommendations from Red Cross, Senior First Aid Course, GYMMSA policy, prior knowledge & common sense and Squad training requirements.

Jan 2019

Mitcham Rhythmic Gymnastic Club

