HOT WEATHER POLICY

Updated: 12/04/2023

PIT Gymnastics understands that exercising in extreme heat can be dangerous for any participant. Evaporative cooling is installed in the gym to minimise effects of extreme heat. During hot weather gymnasts are encouraged to take extra care to avoid heat injury such as dehydration or heat exhaustion. Classes will not be cancelled due to extreme heat, but if you choose not to send your child to class please notify the office.

Our coaches will take the following measures to avoid heat injury to gymnasts:

- Check that all gymnasts have their own drink bottles
- Ensure there is good ventilation in the gym – open roller door and side doors
- Modify the level of activities during the class
- Ensure gymnasts stop for regular breaks

Drink Bottles:

- Gymnasts are required to bring a named drink bottle to every class and are responsible for their own drink bottle. PIT Gymnastics are not responsible for drink bottles left in the gym.
- Drinking water is available at all times from the drink fountain in the shower room
- Cold drinks (water) are available for purchase from the office during office hours
- Cups **will not** be provided as they carry the risk of spreading infection
- Gymnasts are reminded to drink fluids during the day prior to coming to gym

Policy published:
Policy Noticeboard