



## ***TRAINING POLICY FOR HOT WEATHER***

*Springbucks Gymnastics Club adheres to the IGA temperature and hydration policies that can be found in the SAFE SPORT section of the Independent Gymnastics website -*

*Hydration Policy - [01/07/2025 Hydration Policy](#)*

*Temperature Policy – [Temperature and Environmental Guidelines for Gymnastics Clubs](#)*

During hot weather we will continue to run adjusted classes with the following measures in place:

### **BEFORE TRAINING -**

- **Parents** - please check your child's hydration and wellness levels before class and make the call as to whether each individual is fit to attend. Anyone with signs of heatstroke such as excess tiredness or irritability, dizziness, a headache, cramps or a fast heartbeat should not attend but stay home and cool down.

Full NHS list of heatstroke symptoms here - [Heat exhaustion and heatstroke - NHS](#)

- We recommend that children under 4 do not attend in very hot weather. If they do attend they must have a parent present to observe them at all times.
- Individuals on some medications or with health complications should not attend in very hot weather. Please check with your doctor if you think this applies to your gymnast.
- Gymnasts should hydrate before attending class and must bring a water bottle with them.
- Gymnasts may bring hand held fans in if they would like to, and these can be kept with their water bottles at the side of the hall for use during drinks breaks.
- Velour or long-sleeved gymnastics leotards are not recommended. Breathable & light sports shorts and vest tops/ very light T-shirts are best to train in during the heat.

### **DURING TRAINING**

- We will work with our club venues to keep each hall as cool as possible, including bringing in extra fans if needed etc.
- We will reduce the training intensity of our classes and have colouring and craft activities also available should any children be feeling too hot or tired to participate.
- We will have regular breaks every 10-15 minutes where all gymnasts sit to rest, drink and the coaches will perform visual and verbal wellness checks. We will have extra water and cups in place at all sessions in case any gymnasts turn up without a water bottle.
- We will monitor the temperature inside the hall during our sessions and all physical activity will stop should it rise above 30 degrees C
- We will have cold packs and a wet sheet available to help cool down anyone who starts to show signs of heat exhaustion.