



**NUNAWADING GYMNASTICS  
AND SPORTS CLUB INC.**

**EXTREME WEATHER POLICY**



## Created & Reviewed By

## NG&SC Committee of Management

## Version Control

Date of first issue January 2015

*To be reviewed annually*

Reviewed April 2024

Reviewed January 2025

Reviewed December 2025

**Note** – name changed from Heat Policy to Extreme Weather Policy

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## **1. Policy Objective and Scope**

The purpose of this policy is to outline the conditions under which classes will be cancelled as a result of extreme weather as well as explaining the safety measures we take to ensure we reduce the risk of injury or illness when training in cold or hot weather.

It also briefly covers the process for managing cold weather, which can also impact training.

The policy takes into account:

- All staff, athletes and visitors to NG&SC
- Temperature and humidity – internal and external
- Employment contracts with staff
- Available equipment to control the environment
- Timeliness of notification
- Duty of care to all parties

This policy applies to all classes and events held at NG&SC.

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## **2. Available Resources**

NG&SC have the following equipment available to assist in the management of extreme weather conditions.

### **2.1. Evaporative Coolers**

NG&SC has four evaporative coolers that are roof mounted. These can operate as:

- Fan only to circulate fresh air into the building
- Fan and water to provide cooling

Evaporative coolers work on the principle of adding water to air flow that then blows over the people to be cooled. The water laden air flow then helps remove heat from the bodies surface, assisting in cooling.

For this to be effective, doors must be left open so the system can create air flow. The doors to be opened are dictated on the time of day due to the sun and also any prevailing winds.

Unfortunately, as humidity increases, the effectiveness of fans and especially evaporative coolers is greatly reduced, as the air is already saturated and thus cannot remove any more temperature from a body.

### **2.2. Oscillating fans**

NG&SC has a number of fans located throughout the facility. These are used to create air flow and assist with natural evaporative cooling.

As bodies heat, they create sweat to assist in cooling, thus increased air flow created by using fans will assist in the effectiveness of this natural process.

### **2.3. Spray Water Bottles**

To once again assist in evaporative cooling, attendees can use spray water bottles to add a fine mist of water to their bodies. Their care and use are covered in a separate section of the document.

### **2.4. Heaters**

NG&SC has two gas powered heaters to reduce the impact of cold on training conditions.

### **3. Cold Weather Management**

NG&SC does not have high levels of insulation and as such the facility can be cold.

Staff are trained in the use of the two heaters to ensure:

- They are only used to take the chill of the air
- That they are not run continually as this can create temperature shock as bodies can get warm and then cold again

During periods of cold we would expect attendees to wear the appropriate clothing:

- Spectators and staff to add another layer of clothing
- Gymnasts to wear an extra layer of appropriate clothing that can be removed or worn as required.

We DO NOT want to use the heaters to significantly increase the temperature of the facility.

## **4. Procedure for Extreme Heat Assessment**

### **4.1. Weather APPs**

To assess weather conditions, NG&SC Administration team will reference TWO APPS

- BOM = Bureau of Meteorology
- Weather Zone – Local Live forecast

City reference will be NUNAWADING.

### **4.2. Action – Forecast Over 30°C**

If a day is forecast to be over 30°C, the NG&SC Administration Team will co-ordinate to ensure fans and coolers are turned on during the morning sessions in the aim of keeping the gym as cool as possible.

The NGSC Administration Team will start monitoring internal temperature / humidity and weather sites at 1:00pm

The NGSC Administration Team will advise coaches the heat policy training procedures as outlined in a separate section of this document will be active.

### **4.3. Measurement procedures**

NG&SC believe we are a leader in our Extreme Weather Policy by taking into account both temperature and humidity. NG&SC have used data and recommendations from The Journal of Science and Medicine in Sport 21 in the development of this policy.

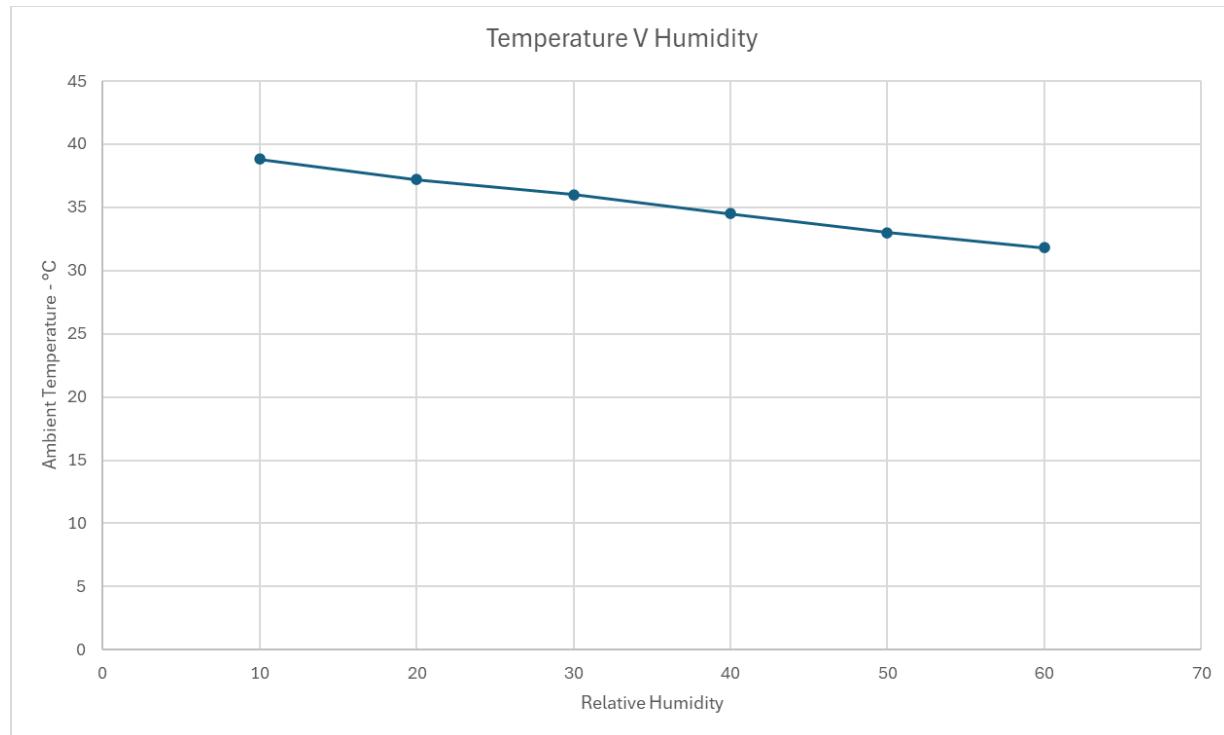
In short:

- Temperatures of over 36°C are classed as Extreme
- Relatively Humidity over 60% is classed as Extreme

**So, if inside the Club we have either of these combinations as per below, the environment is classed as extreme, and classes will be cancelled:**

- **30°C and 60% RH**
- **36°C and 30% RH**

The table below will be used as the template.



#### 4.4. Weekend Classes - Events

The majority of weekend classes and events run during the main part of the day and into late afternoon.

The measurements and procedures are exactly the same, with the weekend times in brackets in the following sections.

#### 4.5. Holiday Training – Weekday Events

For such events as per below, use the relevant times as stated in this policy for assessment relative to the time of the event:

- Weekday holiday training
- Weekday events

#### **4.6. Measurement procedures – 1:00pm (10:00am)**

Check internal temperature and humidity

- If under the Extreme line
  - o At this time classes will run
  - o Re-check at 2:30pm (12:00 noon)
- If on or above the Extreme line
  - o Check both weather app's
  - o Develop an understanding of what the weather is forecast to do between now and 4:00pm
  - o All classes will likely be cancelled with the final decision made at 2:30pm (12:00 noon)

#### **4.7. Measurement procedures – 2:30pm (12:00 noon)**

Check internal temperature and humidity

- If under the Extreme line
  - o Check both weather app's
  - o If the forecast is for no significant change, classes will run under heat policy conditions
  - o If the temperature and humidity are forecast to continue to rise, and the current internal measured temperature is within 1°C and relative humidity within 5% of the Extreme line, classes will be cancelled.
  - o The assumption is made that the extreme line will be reached in the coming hours, especially with the extra impact of additional members within the facility.
- If on or above the Extreme line
  - o Check both weather app's
  - o If a cool change is forecast to have a significant impact before 4:00pm, classes will run under heat policy conditions
  - o If no cool change is forecast, all classes will be cancelled

#### **4.8. Timeline – Why 2:30pm (12:00 noon)**

NG&SC have selected the time of 2:30pm (or 12:00 noon on weekends) as the cut off to try and satisfy as many parts of our Club as possible:

- Parents collecting children from school for the first class that commences at 4:15pm
- Parents have an opportunity to make alternative arrangements
- Staff making their way to the gym
  - o Who must arrive at least 15 minutes before class to prepare
  - o Who we have a contractual obligation regarding cancellation of a shift

#### **4.9. Continual Monitoring**

If classes are running Heat Policy Conditions, the internal conditions will be monitored every 30 minutes by the NG&SC Administration team to ensure they are still under the Extreme line.

If the temperature and humidity continue to rise and are now on or above the Extreme Line, discussions will be held with coaches and NG&SC Administration team if classes will be cancelled or continued.

Considerations will be:

- Weather forecast
  - o Consult the two Weather APPS to understand the forecast in coming hours
- Time of Day
  - o Is it still in the early evening or classes are coming to an end
- Age and training level of athletes
  - o Older athletes have gained some ability to help manage themselves
  - o Younger athletes will need a higher level of external management

## **5. Cancellation Policy**

### **5.1. Exceptions to Cancellation Policy**

Competitive gymnasts may train if cancellation of the session would be detrimental to their training regime. This will be decided by the Senior Coaches of each Competitive discipline after consultation with the parents.

During such training it is advisable to reduce workload and monitor for signs of heat stress. Regular drink breaks must be taken, and coaches must be alert for any signs of heat stress. The length of such training sessions may be reduced.

### **5.2. How we Notify You**

We ask on days of extreme heat that you check your messages regularly in case of class cancellations.

- An email will be sent to all members and coaches and any other visitors due that day, cancelling classes
- A Notification will be sent through the NG&SC BAND page, covering all members – families, athletes, coaches, staff
- A sign will be posted outside of the Club

### **5.3. Reimbursement**

All gymnasts who have had their classes cancelled due to heat will have the class credited to their account. It will not be a refund.

An email will be sent out notifying families of this update.

## **6. Requirements and Responsibilities**

### **6.1. 8.1 Members and Parents**

- Provide correct and up to date contact details to NG&SC office staff - primarily a mobile phone number and email.
- Discuss with your gymnast the signs and effects of heat stress as detailed in this policy
- Notify coaches of any reasons why your gymnasts might be more prone to heat stress than normal - For example - recent illness, tiredness, medical
- Ensure your gymnast brings at least ONE full water bottle to class

### **6.2. Coaches**

- Be aware of signs and symptoms of heat stress, and be aware that someone suffering heat stress might not be aware of it
- If training is to go ahead on hot days, ensure any sessions run are in the best interest of the gymnasts
- Do not push gymnasts to give 100% on days where the temperature in the gym is over 30°C
- Ensure sufficient drink breaks – at least every 15 minutes if the temperature is above 30°C
- Ensure any training is safe given the conditions
- Be aware that heat tolerance varies drastically from individual to individual
- Show understanding to any gymnast who cannot tolerate the heat
- Ensure all gymnasts have a drink upon your request

### **6.3. Club Manager/ Pathways and Development Manager**

- Monitor the temperature in the gym before and during classes on hot days
- At 1:30pm or 2:30pm (10:00am and 12:00 noon on weekends), decide if training is to go ahead
- Notify coaches and assistant coaches of the cancellation
- Notify families and visitors as detailed previously
- Post a notice on the gym doors stating that training is cancelled due to extreme heat conditions and NG&SC are enacting the Heat Policy
- In conjunction with the Office Staff organise credits for all classes cancelled on the day.

## **6.4. Confidentiality**

Breaches of this policy must be reported to the Club's Management within 14 days of any occurrence. Breaches of this policy will be dealt with according to the Club's grievance procedure, and treated in a timely, serious and confidential manner.

Disciplinary action will be taken against anyone who:

- Is found to be in breach of this policy
- Victimises or retaliates against a person who has complained of a breach of this policy
- Is found to have made a frivolous or vexatious complaint.

Any action taken will depend on the severity of the case, and may include an apology, counselling, suspension, dismissal or other form of action.

Breaches of this policy must be kept confidential and disclosure to any third party beyond the Clubs management is not permitted unless required by law.

## **6.5. Policy Outcomes**

Anticipated outcomes of the club's Extreme Weather Policy are as follows:

- Increased awareness of Heat Illness and its dangers
- Healthy members
- Education of members regarding safe participation in hot conditions

## **7. Heat Policy Training**

The Heat Policy training protocol will be active any time the external temperature is above 30°C, or as deemed required by coaches or NG&SC Staff.

Due to gymnastics being an indoor sport there can sometimes be an increased risk of heat illness from any form of exercise, being warm up, stretching, skill work or routines. Effects of heat can range from cramps, through to heat exhaustion to heat stroke, and in the worst case, coma & death.

During vigorous exercise gymnasts may produce heat 15 to 20 times higher than when at rest. Dissipation of this excess heat is primarily achieved through sweating. If the body's ability to dissipate heat is compromised, core temperature in an average size individual may rise by one degree Celsius for every five minutes of exercise if no temperature regulating mechanisms are activated.

If an individual's core temperature is above 40 degrees Celsius (normal 37 degrees) the risk of heat injury is significant.

Factors which impair the body's ability to dissipate heat are:

- High ambient temperature
- Solar radiation
- Humidity (which compromises the efficacy of sweating)
- Dehydration.

The club recognises that sports heat stress is complex, and because individual responses to heat stress vary, it is not possible to provide overall recommendations about limiting conditions to cover all disciplines of Gymnastics. Since heat stress varies with exercise intensity, potential for heat illness vary with the training program of that day.

### **7.1. Symptoms of Heat Stress Actions**

- Fatigue
- Nausea
- Headache
- Confusion
- Light-headedness
- Hot and dry skin

Those showing such symptoms should immediately stop training, drink more fluids and cool down. **Medical treatment should be sought for those who do not improve quickly.**

*Please note: Gymnasts with heat injury might not be aware that they are suffering from dehydration or heat stress*

## **7.2. Management**

On days when it is above 30°C in the facility:

- Extra drink breaks will be mandatory
  - o This frequency will be coach dependent depending on the age and training regime of their class
- Training will be modified to be less intense than what would normally be expected
- Coaches are aware of extra monitoring of athletes
- Staff are aware of extra monitoring of all staff and spectators
- Staff are aware of continual monitoring

## **7.3. Water Spray Bottle Use**

Water spray bottles can be used to add fine moisture droplets to the skin that can evaporate easily taking body heat with it.

When using water spray bottles for this propose:

- DO not spray on face or eyes
  - o If there happens to be any foreign material or bacteria in the water, it can cause other issues
- Water spray bottles must be:
  - o Emptied every night
  - o Washed with hot water and left to drain / dry before next use