



*Updated 22/1/24*

## **Extreme Heat Policy: Ensuring Safety on Extremely Hot Days at Skyline Gymnastics Academy**

At Skyline Gymnastics Academy, the safety and well-being of our gymnasts, coaches, and staff are paramount. As we conduct our training sessions indoors, we have established a comprehensive heat policy to ensure a safe environment during exceptionally hot days. This policy aims to minimize the impact of extreme temperatures and prioritise the health and safety of all individuals involved.

### **Heat Monitoring:**

We closely monitor weather conditions, including temperature and humidity levels, through reliable sources. Regular assessments of the weather forecast, and heat index allow us to identify days with extreme heat that may pose potential risks.

### **Modified Training and Schedule Adjustments:**

On days of extreme heat, our experienced coaching staff will modify training sessions to ensure the safety of our gymnasts. This may include adjusting the duration and intensity of training, implementing additional breaks, and providing opportunities for rest and hydration.

### **Cancellation of Training on Days Exceeding 36 Degrees Celsius:**

For the safety of our gymnasts and staff, if the temperature exceeds 36 degrees Celsius, training sessions will be cancelled. We prioritise the well-being of everyone involved and believe it is essential to avoid training in excessively high temperatures.

**Refunds and Make-Up Sessions:**

Please note that we are unable to offer refunds for training sessions cancelled due to extreme heat. However, where possible, we will strive to offer make-up sessions to ensure our gymnasts receive the full value of their training. The availability of make-up sessions will depend on schedule availability and will be communicated to parents and guardians in a timely manner. Squad can athletes can have a credit to be used towards upcoming events.

**Communication and Parental Involvement:**

We maintain open lines of communication with parents or guardians of our gymnasts. In the event of extreme heat and subsequent training cancellations, we will proactively notify parents and guardians of the changes. We appreciate your understanding and cooperation in these circumstances.

**Continuous Monitoring and Evaluation:**

Our heat policy is an ongoing process, and we continuously assess its effectiveness. We value feedback from our gymnasts, coaches, staff, and parents to enhance our practices and ensure the ongoing safety and well-being of everyone involved.

By implementing this comprehensive heat policy, Skyline Gymnastics Academy aims to create a safe and comfortable training environment, even during extreme heat conditions. We are committed to taking proactive measures, closely monitoring weather conditions, and making necessary adjustments to prioritize the health and safety of our gymnasts and staff.

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