



**Gymnastics**  
South Australia

# Gymnastics South Australia

# Hot Weather Policy

**Date of Issue: September 2005**

**Last Reviewed: December 2010**

**Controlling Body: GSA Board of Management**

**be active.**

## **1. General Statement**

- 1.1 The Management of Gymnastics South Australia Inc. acknowledges that environmental factors such as heat can and do affect the health and safety of all those involved in activities conducted by the Association and its Members.
- 1.2 Although Gymnastics is an indoor sport, those involved in training and competitions are at risk from dangers relating to high environmental temperatures.
- 1.3 Gymnastics South Australia Inc. encourages all members to adopt and implement this policy for the safety of those involved in Gymnastics at all levels of participation, across all Gymsports.
- 1.4 This policy governs:
  - Gymnasts/Athletes
  - Club and State Team Coaches
  - Judges/Officials
  - Club Administrators
  - State Team Managers/Chaperones
  - Competition Floor Managers

## **2. Personal Preparation**

- 2.1 Coaches, Club Administrators and athletes should make themselves aware of expected temperatures for their day of training or competition.
- 2.2 Coaches should ensure athletes have followed the recommended pre-activity fluid intake of at least 500ml (2/3 glasses) ½ to 1 hour prior to the activity.
- 2.3 Water should be available at the venue but it may be worthwhile taking a personal supply of water.
- 2.4 Coaches/ athletes should seek medical advice prior to commencement of their activity if they are feeling unwell.
- 2.5 Coaches/ athletes should prepare personal cooling items such as a spray bottle containing cool water to be sprayed on the face and/or body when required, or a hand towel that can be dampened and applied to the face and/or body when required.
- 2.6 Athletes participating in training and competitions should ensure a sufficient level of fitness has been achieved to compete. If unsure they should consult an accredited Coach for advice.

### **3. Venue Operator Responsibilities**

- 3.1 Ensure venue airflow is maximised, including the use of air conditioners or fans where practical, during activities.
- 3.2 Ensure a sufficient supply of ambient (room temperature) water is available.
- 3.3 If possible supply ice, or some means of keeping ice frozen, for the purpose of decreasing body temperature.

### **4. Coaches' Responsibilities**

- 4.1 Ascertain whether any athletes in their care have a known medical condition.
- 4.2 Ensure athletes take adequate fluids before, during and after training performing routines.
- 4.3 Encourage fluid intake during breaks.
- 4.4 Request additional time between performing routines for the purpose of athlete recovery and fluid intake, at interclub and state championships competitions.

### **5. Officials' Responsibilities**

- 5.1 Where practical monitor athletes for signs of heat distress.
- 5.2 Where practical ensure this policy is adhered to.
- 5.3 The Competition Manager should be prepared to cancel or discontinue competitions in extreme conditions.
- 5.4 The Competition Manager should be prepared to allow additional breaks at interclub and state championship competitions.
- 5.5 The Competition Manager should ensure ice is supplied for the purpose of decreasing body temperature if required.
- 5.6 The Competition Manager should ensure spray bottles are supplied for at each apparatus station for the purpose of decreasing body temperature if required.

## **6. Athletes Recommended Fluid Preparation and Replacement Rate**

- 6.1 Athletes' should drink at least 500ml (2-3 glasses) 1/2 to 1 hour prior to exercise.
- 6.2 Athletes' should drink at least 200ml (1 glass) every 10-15 minutes during exercise.
- 6.3 Athletes' should during training/competition take advantage of all breaks to drink up.
- 6.4 After training/exercise athletes should drink water to replace your fluid deficit to ensure that they are fully re-hydrated.
- 6.5 Athletes can assess fluid requirements by weighing themselves before and after exercise or sport.

**i.e. 1kg lost = 1 litre of fluid deficit**

**2kg lost = 2 litres of fluid deficit etc.**

## **7. Cancellations**

*The following clause is to be applied to events and training sessions that are conducted in non air-conditioned venues and facilities:*

- 7.1 **If for the preceding two (2) days of a competition event and or training session the maximum temperature reached is 36 degrees Celsius, and the predicted temperature for the competition event and or training session is 36 or above degrees Celsius, the competition and or training session will be rescheduled.**

The forecast by which any decisions will be made will be the temperature published in the Advertiser Newspaper on the morning (s) in question.