

SHIRE GYMNASTICS HOT WEATHER POLICY

AS SHIRE GYMNASTICS IS LOCATED IN THE SOUTHERN SYDNEY REGION IT IS ACCEPTED THAT TEMPERATURES MAY REACH LEVELS NEAR AND ABOVE 40 DEGREES CELSIUS.

WE WISH TO ADVISE ALL MEMBERS THAT WE WILL AT ALL TIMES BE DILIGENT AND CARING AND PROVIDE THE BEST WE CAN TO ASSIST WITH THE SAFETY OF CHILDREN IN REGARD TO REACTIONS FROM EXPOSURE TO EXTREME HEAT.

IN THE EVENT OF HIGH TEMPERATURES THE STAFF OF SHIRE GYMNASTICS ARE INSTRUCTED TO FOLLOW THE GUIDELINES AS SPECIFIED IN THE "BEAT THE HEAT" FACT SHEET AS ISSUED BY SPORTS MEDICINE AUSTRALIA. A COPY OF THE FACT SHEET IS AVAILABLE ON THE SHIRE GYMNASTICS WEBSITE.

SHIRE GYMNASTICS WILL RESPOND WITH THE FOLLOWING ACTIONS;

- TEMPERATURE RANGE OF 26 TO 30. MODERATE INTENSITY AND ALLOW FURTHER BREAKS IF REQUESTED. ENCOURAGE HYDRATION.

- TEMPERATURE RANGE OF 31 TO 35. LIMIT INTENSITY AND TAKE MORE BREAKS. ENCOURAGE HYDRATION AND COOLING DOWN.

- TEMPERATURE RANGE OF 36 AND ABOVE. ENCOURAGE SLOW AND GENTLE ACTIVITY. INSIST ON HYDRATION. ALLOW CHILDREN TO RING PARENTS TO BE PICKED UP. ANY CHILD THAT EXHIBITS SIGNS OF HEAT FATIGUE WILL BE REMOVED FROM THE CLASS AND SAT IN A QUIET PLACE IN THE COOLEST AVAILABLE AREA.

OUR GYM IS AIRCONDITIONED, AND WHILST WE RUN THESE ON HOT DAYS AND THE INSIDE TEMPERATURE IS COOLER THAN THE OUTSIDE, THE FACTORY CAN STILL GET WARM.

IN THE EVENT OF ANY EXTREME REACTION OR CONCERN THE STAFF OF SHIRE GYMNASTICS ARE ADVISED TO SEEK MEDICAL ASSISTANCE.

SHIRE GYMNASTICS WISHES TO ADVISE THAT WE WILL ENDEAVOUR TO PROVIDE CARE TO ALL CHILDREN BUT WE CANNOT BE HELD RESPONSIBLE FOR CHANGES IN THE WEATHER OR EXTREME CONDITIONS.

IT IS THE RESPONSIBILITY OF PARENTS TO MONITOR THE CONDITIONS AND MAKE THE APPROPRIATE DECISION TO ATTEND OR NOT.

WE ENCOURAGE ALL PARENTS TO REMOVE CHILDREN FROM CLASSES IF THEY ARE CONCERNED.

IN THE EVENT OF ANY OF THESE ACTIONS WE CANNOT OFFER REFUNDS OR MAKE UP CLASSES AS WE ARE REQUIRED TO HAVE STAFF IN ATTENDANCE TO ASSIST CHILDREN WHO ARE UNABLE TO BE PICKED UP.