



STAR-MITES GYM
SPORTS PTY LTD
HEAT POLICY 2019

During the summer months we experience some extreme weather conditions. During these times **all classes will go ahead as per normal**, at the Branch Managers' discretion, classes could be cut short or transferred to the local swimming pool. Please note due to associated costs we are unable to adjust fees and entry fee into the swimming pool is the parent responsibility.

Our Branch Managers and coaches will apply the following to classes;

Hydration

The more athletes sweat, the more fluid they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity. This should be heavily encouraged and monitored by coaches.

Participant rest

In conditions of high risk participants should be provided opportunities to rest.

For situations where the ambient temperature is greater than 38.9 degrees Celsius, all participants should be rested for at least 25% of the period in which they would normally participate.

The positive effects of rest breaks should also be maximised by employing the following strategies:

- Providing fans, ice fluids and air-conditioning (applicable Bayswater & Bassendean only)
- Providing additional fluids to allow participants to spray or douse themselves to assist cooling.
 - a: SM will provide spray bottles
 - b: Ice – Icy poles
 - c: Water