



All Weather Policy

Policy Name	All Weather Policy
Approved By	Gym West Management Committee
Policy Coverage	Athletes, Coaches, Staff, Volunteers, Committee Members
Date of Approval	December 2023

Policy Statement

Gym West (GW) is committed to providing a training and working environment which is safe, sustainable and where possible, temperatures are maintained at a comfortable level for gymnasts and staff.

Policy Aim

The aim of this policy is to provide members and staff clear boundaries on when GW considers the gymnasium environment is suitable for gymnasts to train and, staff and volunteers to work effectively. Physical activities undertaken in very high and low weather temperatures can lead to serious health concerns and the risk of these must be minimised.

Policy Purpose

The purpose of this policy is to provide clear guidelines regarding the safe training and working temperature of the gymnasium.

Policy Detail

Physical activities undertaken in very high and low weather temperatures can lead to serious health concerns and the risk of these must be minimised.

This policy has been developed taking into consideration the following:

- GW's training area (Opie Memorial Hall, HHS's 'gym') is entirely inside a brick, steel and concrete building which has a seven-metre-high ceiling, no windows, three working wall-mounted fans, three wall-mounted heating strips, four ventilation grills and no air-conditioning
- Time of day, duration and intensity of activity
- Number of users in the gym at any one time
- Weather trends in South Australia

The Committee is responsible for:

Ensuring the temperature of the gym is a suitable temperature for training. This is achieved by:

- Utilising the fans or heating strips when necessary
- Ensuring airflow is maximized using fans and exit doors to enhance airflow
- Ensuring clean water is always available

Athletes, Coaches, Staff and Volunteers are responsible for:

- Ensuring they are adequately hydrated prior, during and after any training or presentations
- Monitoring themselves and each other for signs and symptoms of being too cold or too hot
- Seeking first aid where necessary

Cancellation of Activities

Cancelling of sessions is a rare occurrence and will only be done if the temperature is forecasted to be lower than 10°C OR higher than 40°C.

- All KinderGym sessions will be cancelled if the temperature is forecast at 6.00pm the previous evening to be 10°C or lower OR 40°C or higher
- All GfA Gym Mix and Team Gym classes will be cancelled if the temperature is forecast at 6.00pm the previous evening to be 10°C or lower OR 40°C or higher
- MAG and WAG classes will be cancelled if the temperature is forecast at 6.00am on the day to be 10°C or lower OR 40°C or higher
- No refunds or catch-up sessions are available due to cancellations
- The forecast temperature is taken from the Bureau of Meteorology (BOM) – <http://www.bom.gov.au/sa/forecasts/adelaide.shtml>

External Hire Venues, Presentations and Competitions

Gymnastics SA have an independent Hot Weather Policy and will advise GW of any cancelled trainings or events on a needs basis

Koorana Gymnastics Club is an air-conditioned facility, enabling classes to run on hot days. In the unlikely event that their air-conditioner cannot be used, hirers and members will be contacted as quickly as possible

First Aid

In the event of a person showing signs and/or symptoms of extreme heat or cold, first aid must be given.

Policy Breach

Where a member believes this policy has been breached, they are able to make a complaint by referring to Part D – Complaint Handling Procedure of the Member Protection Policy.