

Extreme Heat Policy

Warragul Gymnastic Club understands that exercising in extreme heat can be dangerous for any participant.

If the temperature at 2pm is above 36 degrees Celsius on any given gymnastics' day, classes after 4pm will be cancelled due to the heat. Make-up classes will be arranged during the first week of the next school holiday, (refunds will not be provided). During hot weather gymnasts are encouraged to take extra care to avoid heat injury such as dehydration or heat exhaustion.

Should the heat inside the Gymnastic Club reach more than 36°C during a training, parents will be contacted to arrange pick up.

Notification of cancelled classes will be on our Facebook and Instagram pages.

- Gymnasts are required to bring a named drink bottle to every class.
- Drinking water is always available from the tap in the Kitchen.
- Icy poles will be given to gymnast during class or at breaks.
- Gymnasts will be encouraged to take many drink breaks during training.
- Gymnasts are reminded to drink fluids during the day prior to coming to gym.

