



SEASONAL SAFE TRAINING

SOUTHERN ARTISTIC GYMNASTICS ACADEMY IS COMMITTED TO PROVIDING A SAFE TRAINING ENVIRONMENT THROUGHOUT ALL SEASONS AND WEATHER CONDITIONS, WITH PARTICULAR CONSIDERATION GIVEN TO EXTREME TEMPERATURES AND GYMNAST WELFARE.

TEMPERATURE MONITORING

THE ACADEMY WILL MONITOR GYM TEMPERATURES AND WEATHER CONDITIONS THROUGHOUT THE YEAR TO ENSURE THAT TRAINING ENVIRONMENTS REMAIN SAFE AND APPROPRIATE FOR ALL GYMNASTS AND STAFF.

HOT WEATHER TRAINING

DURING PERIODS OF HIGH TEMPERATURES, ADDITIONAL MEASURES MAY BE INTRODUCED TO REDUCE THE RISK OF DEHYDRATION, OVERHEATING, AND FATIGUE. THESE MAY INCLUDE INCREASED WATER BREAKS, REDUCED TRAINING INTENSITY, MODIFIED CONDITIONING ACTIVITIES, INCREASED VENTILATION, AND ADJUSTED TRAINING DURATIONS WHERE NECESSARY.

COLD WEATHER TRAINING

DURING PERIODS OF LOW TEMPERATURES, APPROPRIATE HEATING AND WARM-UP PROCEDURES WILL BE MAINTAINED WHERE POSSIBLE TO REDUCE THE RISK OF INJURY. GYMNASTS MAY BE ADVISED TO WEAR ADDITIONAL SUITABLE CLOTHING DURING WARM-UPS AND BREAKS IN TRAINING.

HYDRATION AND WELFARE

GYMNASTS MUST ATTEND TRAINING WITH APPROPRIATE WATER SUPPLIES AND SUITABLE CLOTHING FOR THE CONDITIONS. STAFF WILL MONITOR GYMNAST WELFARE THROUGHOUT SESSIONS AND MAY ADJUST ACTIVITIES WHERE CONCERNS REGARDING HEALTH OR SAFETY ARISE.

TRAINING ADJUSTMENTS

THE ACADEMY RESERVES THE RIGHT TO MODIFY, SHORTEN, RELOCATE, OR CANCEL TRAINING SESSIONS WHERE TEMPERATURES OR WEATHER CONDITIONS ARE CONSIDERED UNSUITABLE OR UNSAFE.

INDIVIDUAL NEEDS

CONSIDERATION WILL BE GIVEN TO GYMNASTS WITH MEDICAL CONDITIONS OR ADDITIONAL NEEDS THAT MAY BE AFFECTED BY TEMPERATURE OR ENVIRONMENTAL CONDITIONS. PARENTS AND CARERS ARE ENCOURAGED TO INFORM THE ACADEMY OF ANY RELEVANT CONCERNS.