



Calisthenics Buderim Inc

Extreme Weather Policy

Purpose

The purpose of this policy is to outline the approach Calisthenics Buderim takes in relation to extreme weather conditions particularly in the case of severe storm conditions, but also in other circumstances such as hail, flooding, or hot weather.

In the event of adverse weather or climate conditions, it remains the discretion of Calisthenics Buderim Committee to suspend or discontinue training sessions at short notice.

Members and coaches will be notified via email, text message and Facebook informing them of the cancellation of all training sessions.

The following methods may be used to assess and monitor the weather and climate conditions:

- Bureau of Meteorology website (www.bom.gov.au);
- Any other appropriate portable measuring device

Inclement Weather Cancellation Procedures

Where the Bureau of Meteorology forecasts thunderstorms, hail, or flooding, then Calisthenics Buderim will activate the following procedure for dealing with the excessive conditions.

- Parents, Members and Coaches will be advised via electronic communication that due to the continuous extreme wet conditions, hail and flooding to suspend all training sessions.
- For the safety of our members. If a training session has begun and is subjected to flooding and/or is dangerous to access, the Calisthenics Buderim Committee or Coach may discontinue the training session. Parents and Members will be notified to pick their children up and take them home.
- Any cancelled sessions maybe re-scheduled to a suitable time, if possible.

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Hot Weather Cancellation Procedures

Where the Bureau of Meteorology forecasts a heat wave (the Bureau's definition of a heat wave is 5 or more consecutive days of temperatures over 35°C, or 3 or more consecutive days of temperatures over 40°C), then Calisthenics Buderim Committee will activate the following procedure for dealing with the heat wave.

- In the case of a heat wave, as defined by the Bureau of Meteorology, parents/members and coaches will be advised via electronic communication that due to the continuous extremely hot weather to suspend all training sessions.
- When this heat wave policy is activated, it will remain in place until the heat wave ceases.
- For the safety of our members. If a training session has begun and any member is showing signs of a heat related illness. Signs and symptoms of heat stress may include:
 - Painful muscle cramps of the limbs and abdomen
 - nausea and/or vomiting
 - tiredness, dizziness, or weakness
 - headache
 - thirst
 - feeling faint
 - lack of coordination, confusion, or irritability
 - rapid breathing and pulse

Then Calisthenics Buderim Committee or Coach may discontinue the training session. Parents and Members will be notified to pick their children up and take them home.

- Any cancelled sessions maybe re-scheduled to a suitable time, if possible.

Drink plenty of water before, during and after the practice or performance.

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Recommendations for Coaches

Practice should be cancelled or terminated if the temperature exceeds 35 degrees Celsius (unless your practice hall is air-conditioned). Remember also that humid weather increases the risk of heat stress.

Ensure that your participants have had sufficient fluids before class and ensure that they have regular breaks for drinks during practice (every 15-20 minutes). Remind them to drink after practice as well.

Use whatever ventilation (e.g. fans, open doors) is available to promote evaporation of sweat.

Watch for signs of heat stress in team members and give first aid treatment if you suspect that a girl may be getting dehydrated and/or overheated. Remember that anyone who has been unwell (e.g. with vomiting or diarrhoea) may be particularly vulnerable to heat stress. Children, who are overweight, unfit or have asthma, diabetes or other medical conditions are at increased risk.

First Aid for Heat Stress

1. Stop the person and sit or lie them down (in the shade if outdoors).
2. If the person is unconscious, lay them on their side and call an ambulance.
3. Loosen and remove any excessive clothing.
4. Cool the body by fanning and apply cold, wet cloths or wrapped ice packs to the armpits and groins.
5. Give them cool or cold water or cordial to drink. (This should be taken in small but regular sips if the person is feeling nauseous or has vomited). Do not give fluids if the person is unconscious.
6. Always seek medical help if the person loses consciousness, is vomiting and cannot keep fluids down or if they have less severe symptoms but their condition does not improve quickly after first aid.