

Hart Gymnastics Safeguarding Policy for Outside Gymnastics

Training in Warm/Hot/Sunny Weather

Purpose:

This policy ensures the health, safety, and well-being of all gymnasts during outdoor training in warm, hot, or sunny weather, minimising the risks of heat-related illness, dehydration, sunburn, or allergic reactions.

Policy Points

1. Risk Assessment

- Conduct a pre-session risk assessment:
 - Check weather forecast (temperature, UV index, humidity).
 - Identify shade/rest areas.
 - Confirm access to water and toilets.
 - Check surface conditions (grass, concrete, heated equipment).
- **Head coach or lead coach permission is required before any outdoor session takes place.**

2. Parent & Gymnast Communication

- Parents must be informed in advance if training will be outdoors.
- Parents should:
 - Apply sunscreen (SPF 30+) before arrival.
 - Provide a hat and light, breathable clothing.
 - Send a full water bottle.
 - Notify the club of any allergies (sunscreen, insect bites, plants).

3. Time Limits if Parents Not Forewarned

- If no prior notice was given, gymnasts must not spend more than **20–30 minutes** outside in hot weather.
- Focus on shaded or indoor activities for the rest of the session.

4. Allergy Management

- Maintain an up-to-date allergy list for all gymnasts.
- Parents must provide alternative sunscreen or necessary medications (e.g., antihistamines, EpiPen).
- The head coach or lead coach must know where allergy medications are kept and ensure appropriate emergency responses.

5. Hydration Management

- Schedule drink breaks every 15–20 minutes.
- Monitor water intake and encourage regular sips.

6. Sun Protection

- Use shaded areas whenever possible.
- Allow hats or UV-protective clothing.
- Reapply sunscreen during long sessions using parent-provided products.

7. Temperature & Intensity Management

- Avoid peak sun hours (11 am–3 pm).
- Adjust session length and intensity in high heat.
- Include cool-downs and apply cooling methods (damp cloths, sprays) if needed.

8. Monitoring Gymnasts' Wellbeing

- Watch for signs of heat stress: dizziness, headache, nausea, excessive/no sweating, irritability.
- If symptoms appear, stop activity, move to indoors, provide water, apply cool compresses, and seek medical help if needed.

9. Staff Responsibilities

- No outside session may proceed without **explicit head or lead coach permission.**
- Ensure first aid trained staff are present with a stocked first aid kit.
- Maintain an emergency contact and allergy list on-site.
- Record any incidents or concerns following club safeguarding procedures.

10. Post-Session Review

- Encourage hydration after the session.
- Notify parents of any issues.
- Review and update the risk assessment for future sessions.

2. Coach Checklist Format

Hart Gymnastics Coach Checklist – Outdoor Training in Hot Weather

Before Session:

- ✓ Risk assessment complete (weather, shade, water, surfaces)
- ✓ **Head/lead coach permission granted**
- ✓ Parents informed in advance?
 - If NOT, limit outdoor time to 20–30 min only
- ✓ Allergy list checked and medications ready
- ✓ First aid kit available; first aid trained staff present

During Session:

- ✓ Sunscreen applied (parent-provided if allergies)
- ✓ Hats/UV clothing when appropriate
- ✓ Drink breaks every 15–20 min
- ✓ Use shaded areas whenever possible
- ✓ Monitor gymnasts for heat stress signs

If Heat Stress or Allergic Reaction Occurs:

- ✓ Stop activity immediately
- ✓ Move gymnast to indoor area
- ✓ Provide water, apply cool compress
- ✓ Administer prescribed medication if necessary
- ✓ Seek medical help if symptoms persist

After Session:

- ✓ Encourage post-session hydration
- ✓ Report any incidents to parents and safeguarding lead
- ✓ Update risk assessment for next session

HOT WEATHER OUTDOOR TRAINING – QUICK GUIDE

DO NOT TRAIN OUTDOORS WITHOUT HEAD/LEAD COACH PERMISSION

If parents not informed in advance → MAX 20–30 min outdoors

Coach Must Ensure:

- Shade and water are available
- Allergy medications on hand
- Sunscreen applied (safe for allergies)
- Hats/UV gear when resting
- Drink breaks every 15–20 min
- Avoid peak sun (11 am–3 pm)

Watch For Heat Stress:

- Dizziness, headache, nausea
- Excessive or no sweating
- Confusion, irritability

If Symptoms Appear:

- STOP
- MOVE TO INDOORS
- COOL DOWN
- GIVE WATER
- SEEK MEDICAL HELP IF NEEDED

Post-Session:

- Encourage hydration
 - Inform parents if issues arise
 - Update risk plans
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