

Excessive Heat Safety Policy

The safety of our athletes and staff is always our top priority. During periods of excessive heat, we have established the following protocol to help keep everyone safe while allowing us to continue providing quality gymnastics instruction whenever conditions permit.

Indoor Temperature Monitoring

We will closely monitor the temperature inside the gym during periods of extreme heat.

If the temperature inside the gym exceeds 85°F, classes will be canceled.

If conditions become unsafe or uncomfortable before reaching that temperature, Eclipse may also modify or cancel classes at management's discretion.

We will notify families as soon as possible when a class schedule is changed or canceled.

What Classes Will Look Like During Hot Conditions

When classes can safely continue, workouts will be modified to reduce the risk of overheating.

Athletes will have:

- More frequent water breaks
- Additional rest periods
- No cardio conditioning
- No plyometric/high-intensity jumping activities
 - More skill development and technique work
- Greater emphasis on drills, form, and existing skills
- Less emphasis on upgrades or introducing new skills

Our goal is to keep athletes moving safely without placing unnecessary physical stress on their bodies.

Our Coaches Are Prepared

Our coaches are trained to recognize signs of dehydration and heat-related illness and will closely monitor athletes throughout class.

If an athlete begins showing concerning symptoms, they will be removed from activity and appropriate steps will be taken immediately.

Athletes should never feel that they need to push through feeling unwell.

How Families Can Help

Please help us by making sure your athlete:

- Arrives well-hydrated.
- Brings a full water bottle to every class.
- Drinks water regularly throughout the day.
- Wears lightweight, breathable athletic clothing.
- Avoids unnecessary layers or heavy clothing.
- Let their coach know immediately if they feel dizzy, weak, nauseous, unusually tired, or unwell.

We appreciate your partnership and understanding as we navigate periods of excessive heat. Our goal is to provide a safe and positive environment where athletes can continue building confidence while putting their health and safety first.

Thank you for being part of the Eclipse family!