



Heat Management Policy

At The Gymnastics Revolution (TGR), the safety and wellbeing of our gymnasts, coaches, and families is always our top priority. To ensure a safe training environment during periods of high temperature, the following heat management procedures will be implemented based on indoor temperature readings within the gym.

Temperature Guidelines & Required Actions

32°C — Classes Run as Usual

Training continues as normal. Coaches will monitor gymnasts closely for signs of heat stress.

34°C — Ventilation Measures

- All fans must be turned on.
 - Doors and/or windows are to be opened to increase airflow.
- Coaches are to remain vigilant and encourage regular water intake.

36°C — Cooling Systems in Use

- Air conditioners must be turned on.
 - Fans remain in use to assist circulation.
- Gymnasts should take water breaks more frequently as needed.

38°C — Heat-Adjusted Training

- Additional water breaks added throughout the session.
- Activities must be modified to reduce physical intensity, prioritising safety.
- Coaches should closely monitor gymnasts for any signs of overheating.

40°C — Classes Cancelled

All classes scheduled at or above 40°C will be cancelled.

- Accounts will be credited for the missed session.
- Families will be notified through email and/or SMS as soon as possible.





Commitment to Safety

TGR is committed to providing a safe environment where every gymnast can thrive. These heat procedures ensure that all training is conducted responsibly and with careful consideration for the health and safety of our athletes.

If you have any questions regarding this policy, please feel free to contact us.

