



# SPC HOT WEATHER POLICY

Updated 10<sup>th</sup> February, 2017

As SPC is located in SEQ and it is expected that temperatures may reach levels near and above 40 degrees Celsius at times.

We wish to advise all members that we will at all times be diligent and caring and provide the best we can to assist with the safety of children and staff in regard to reactions from exposure to extreme heat.

In the event of high temperatures the staff of SPC are instructed to follow the guidelines as specified in the "BEAT THE HEAT" fact sheet as issued by Sports Medicine Australia.

A copy of the fact sheet is available on the SPC website or upon request.

SPC policies are set within the following parameters and temperature range:

- **Temperature range of 26 to 30.**  
Moderate intensity and allow further breaks if requested. Encourage hydration.
- **Temperature range of 31 to 35.**  
Limit intensity and take more breaks. Limit sessions to 60 minutes during extended classes. Encourage hydration and cooling down.
- **Temperature range of 36 and above.**  
Postpone stressful training. Encourage slow and gentle activity. Insist on hydration. Allow children to ring parents to be picked up.

Any child that exhibits signs of heat fatigue will be removed from the class and sat in a quiet place in the coolest available area. We will provide air conditioned space if available in cases of serious concern.

In the event of any extreme reaction or concern SPC staff are advised to seek medical assistance.

SPC wishes to advise that we will endeavor to provide care to all children but we cannot be held responsible for changes in the weather or extreme conditions.

It is the responsibility of parents to monitor the conditions and make the appropriate decision to attend or not. We encourage all parents to remove children from classes if they are concerned.

In the event of any of these actions we cannot offer refunds or make up classes as we are required to have staff in attendance to assist children who are unable to be picked up.

## Super Performance Centre

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