

Lincoln City Gymnastics Club

Unit 3-5 Newark Road Industrial Estate, Clayton Road, Lincoln, LN5 8RE

01522 262022

generalenquiries@lincolncitygymnasticsclub.co.uk

www.lincolncitygymnasticsclub.co.uk



Hot Weather Policy

What is the purpose of this policy?

At Lincoln City Gymnastics Club, we are committed to providing a safe environment for all gymnasts, coaches and staff. This policy aims to protect gymnasts, coaches, volunteers, parents, and visitors from the risks associated with hot weather. Gymnastics involves high levels of physical activity, often in indoor environments where heat can build up quickly. The club is committed to providing a safe training environment while maintaining quality coaching and participation. As there is no strict legal maximum indoor temperature for physical activity, it is up to us as a club to carry out our own risk assessment ensuring the safety of coaches and gymnasts during hot weather.

Who is covered by this policy and when does it apply?

Gymnasts and coaches are covered by this policy. This policy applies to all club activities, including:

- Recreational gymnastics sessions
- Squad training
- Holiday Clubs
- Competitions hosted by the club

Monitoring Hot Weather Conditions and Responsibilities

The club will monitor:

- Indoor gym temperature gauge
- Weather forecasts
- The needs of individual gymnasts, including age, experience

Coaches are responsible for:

- Assessing conditions before and during sessions
- Encouraging hydration and rest breaks
- Adjusting training appropriately
- Reporting concerns to club management

Coaches and club staff will be alert to signs that conditions are becoming unsafe. Taken from British gymnastics, coaches will consider the following questions, with the lead coach being responsible for this:

- Can the athlete complete the task without physically overexerting themselves due to the heat and humidity?
- Can the activity be modified so it is a less strenuous one?
- Is there ample amount of water available?
- Can the session be postponed or re-arranged to avoid the hottest part of the day (11:30 – 13:30)?

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- Can coaches recognise the symptoms in someone with the early stages of heat illness?
- Is there someone present who will know how to provide first aid to someone with a heat illness?
- Are there sufficient staff to assist if required?

Hot Weather Actions

What are the prevention strategies?

The temperature gauge inside the gym is regularly monitored. When temperatures rise, the club will implement appropriate measures, which may include:

Environment Controls

- Opening doors, windows, or ventilation systems where safe and appropriate
- Using fans, when and where possible
- Encourage parents to stay during the session so if a child shows signs of heat exhaustion, they can take them home
- Scheduling additional hydration breaks every 30 minutes for 10 minutes

Training Adjustments

Coaches may:

- Reduce the intensity of training
- Discuss options for ending the training session early
- Increase rest and hydration breaks
- Modify drills to reduce prolonged physical exertion
- Prioritise technique, flexibility, and lower-intensity activities
- Stop or postpone activities if conditions become unsafe

Hydration

Gymnasts should:

- Bring a water bottle to every session, and can access the kitchen to fill bottles up when needed
- Drink regularly before, during, and after training
- Be encouraged to take water breaks when needed

Coaches will ensure water breaks are available and encourage gymnasts to drink water.

Clothing and Equipment

Gymnasts should:

- Wear appropriate clothing (short sleeve leotards or breathable shorts and t-shirt)
- Avoid unnecessary layers during hot weather

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Recognising Heat-Related Illness

Coaches will watch for signs of heat exhaustion, including:

- Unusual tiredness or weakness
- Dizziness or feeling faint
- Headache
- Nausea
- Confusion or difficulty concentrating
- Excessive sweating or changes in normal sweating patterns

If a gymnast shows signs of heat-related illness:

1. Stop the activity immediately.
2. Move the gymnast to a cooler area.
3. Encourage rest and fluids if they are able to drink safely.
4. Inform the parent/carers where appropriate.
5. Seek medical assistance if symptoms are severe, worsen, or do not improve.

Parents/Carers

Parents and carers should:

- Ensure gymnasts arrive hydrated
- Provide suitable clothing and a water bottle
- Inform the club of any health conditions that may be affected by heat
- Collect gymnasts promptly if they become unwell

Gymnasts

Gymnasts should:

- Tell a coach if they feel unwell, overheated, dizzy, or unable to continue
- Drink water regularly
- Follow coach instructions regarding breaks and training adjustments

Cancellation or Closure

The club may cancel sessions if heat conditions create an unacceptable risk to gymnasts or coaches. This would usually be actioned by the Met Office's Red Warning for Extreme Heat, for temperatures 36 degrees or above inside the gym. This will be identifiable on the temperature gauge within the gym.

Decisions will be made by the lead coach of that session based on:

- Gym conditions
- Available cooling measures

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- Participant safety
- Advice from relevant governing bodies or health authorities

Usual Lead Coach:

Monday, 4.00pm - 9.00pm: Melissa

Tuesday, 4.00pm - 6.30: Liv

Tuesday, 6.30pm - 9.00pm: Abi

Wednesday, 4.00pm - 9.00pm: Melissa

Thursday, 4.00pm - 6.15pm: Melissa

Thursday, 6.15pm - 9.00pm: Liv

Friday, 4.00pm - 8.30pm: Melissa

Saturday, 8.45am - 4.00pm: Melissa

Sunday, 9.00am – 1.00pm: Liv

Should the usual lead coach be absent, another coach will be assigned to make this decision.

Parents and members will be notified as soon as possible via email and social media and the **cancelled sessions will be non-refundable or reimbursed due to this being out of our control.**

Changes to our policies

We keep our policies under regular review and will notify you of any changes made. You are advised to review this Hot Weather Policy periodically for any changes. This Hot Weather Policy was last updated in June 2026.

Contact us

If you have any questions about this policy, if there is something you don't understand, or you wish to exercise any of your rights, please contact us by emailing generalenquiries@lincolncitygymnasticsclub.co.uk or calling 01522 262022.

Policy approved by:

Chairperson: Patricia Clough
June 2026

Head Coach: Melissa Clough
June 2026