

Heat Policy

Why?

Skylark Sports Heat Policy is in place to ensure the safety of our athletes, coaches and families by making sure that we identify extreme heat situations and take the appropriate safety precautions.

Policy:

Where the temperature is between 30 and 36 degrees, rest and hydration breaks will be increased in frequency.

- Drink bottles will be carried in the gym and available to athletes at all times
- Where necessary, breaks will be taken in air-conditioned areas including the long room, parents room and party room
- Lesson plans will be modified to exclude overly strenuous activities
- If an athlete appears to be suffering from the heat the coach will ensure that the athlete rests and is moved to an air conditioned area. Ice packs, cold cloths and spray bottles can also be used to provide relief from the heat

The decision to cancel classes will be made based on the safety and the best interest of our members.

Afternoon and Evening Classes:

Where the temperature is or exceeds 37 degrees at 3pm, all afternoon and evening classes will be cancelled on that day. If a cool change is expected before 6pm later classes may still run.

The 3pm temperature will be determined from:

- www.bom.gov.au
- City observations
- Scoresby location

Cancelled classes will be advised by:

- A precautionary notice will be sent the morning of expected forecast to be above 37 degrees via text message.
- Notice on Facebook page
- Afternoon sessions - text message and/or email to confirm cancellation of classes will be sent by 3pm the day of.

If a class is cancelled an additional make-up session will be offered. This can be taken in the term the class was missed, or the following term. If a make-up class cannot be scheduled, a free holiday program session can be provided.

Morning Classes

Morning and day time classes (classes finishing at or before 2pm) will run excepting in very extreme conditions.

Where the temperature is or exceeds 35 degrees at 9am and the temperature is forecast to continue rising, all morning classes will be cancelled on that day.

The 9am temperature will be determined from:

- www.bom.gov.au
- City observations
- Scoresby location

Cancelled classes will be advised by:

- Notice on Facebook page
- Text message and/or email

If a class is cancelled an additional make-up session will be offered. This can be taken in the term the class was missed, or the following term. If a make-up class cannot be scheduled, a free holiday program session can be provided, as long as the child is over 4 years of age.

Holiday Program

Holiday program sessions will always run, as we recognise that many parents rely on the program running so that they can work. However, in cases of extreme heat a modified program will be run. The modified program will include games and activities in our air-conditioned areas. Where possible, gymnastics skills will still be included, however the safety of the athletes and coaches will be our first consideration.

When the temperature is forecast to be 35 degrees or above families can make the decision to withdraw from the program for that day. In the case of extreme heat, Skylark Sports will email families the day before the program to make them aware of this policy. Skylark Sports must be notified before the beginning of the program or no refunds or changes will be allowed. We appreciate being told the day prior so we can staff accordingly.

If Skylark Sports is notified before the program begins, the sessions booked can be switched to another day, or if this is not possible a full credit or refund can be provided.

If you are unsure if classes will be going ahead, please contact Skylark Sports on 9544 8008 or email admin@skylarksports.com.au