

Heat Policy

Effective October 2026 · Applies to every Apex program, class, party and event · Reviewed every year at renewal

Apex Gymnastics, LLC ("Apex") trains indoors, and the gym has full air conditioning. Even so, hard training makes athletes hot, and the air conditioning can fail on a hot day. This policy keeps athletes from getting heat illness.

1. Every day

- Every athlete brings their own **water bottle**, labeled with their name. Water is available in the gym for anyone who forgets.
- Coaches give a **water break at least every 20 minutes**, and more often in hard conditioning. Athletes may always ask for water. Water is never withheld as punishment.
- Coaches watch for athletes who look too hot, tired or unwell, and let them rest.

2. Gym temperature

The staff member in charge checks the gym thermometer at the start of each session on warm days, and every 30 minutes if the air conditioning is not working.

Temperature inside the gym	What happens
Below 82°F	Normal practice, normal water breaks.
82°F to 89°F	Lighter practice. Water break every 10 to 15 minutes. No hard conditioning. Shorter turns, more rest. Fans on, doors open where safe.
90°F or higher	Stop practice. Move athletes to the coolest area, give water, and call parents to pick up. The session is canceled or ended.

If the air conditioning fails, the staff member in charge tells the Owner at once. The Owner arranges the repair and decides whether to cancel the next sessions.

3. Signs of heat illness

Condition	Signs	What staff do
Heat cramps or heat exhaustion	Heavy sweating, muscle cramps, headache, dizziness, nausea, pale or clammy skin, very tired or weak.	Stop activity. Move the athlete to a cool place. Give water. Loosen clothing and cool the skin with cool, wet towels. Call the parent. If the athlete does not get better within 15 minutes, call 911.

Heat stroke (an emergency)	Confusion, odd behavior, slurred speech, fainting, seizure, very hot skin, or vomiting.	Call 911 at once. Cool the athlete as fast as possible with cold water, ice packs on the neck, armpits and groin, and wet towels. Stay with them. Call the parent.
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4. After a heat illness

- An athlete with heat exhaustion does not return that day.
- An athlete with heat stroke returns only with written clearance from a licensed health care provider.
- The coach writes an incident report the same day and gives it to the Owner.

5. Outdoor activity

For an outdoor event (a camp game, a line outside, a field trip): keep it short, find shade, and give water often. Move everyone inside when the heat index is 90°F or higher.

6. Review

Every staff member goes through this policy at the staff meeting each year. This policy is reviewed every year at renewal.

Alex Gold, Owner, Apex Gymnastics, LLC

Date