



Australian
Calisthenic
Federation

Heat / Sun Awareness Policy

Effective from 1 January 2009



Australian Government
Australian Sports Commission

PREFACE

While the majority of our sport is performed indoors, it is a vital part of promoting ourselves to the public that takes out into the elements of our harsh summer climate. Our weather patterns are changing and becoming hotter for longer periods of time. These elements increase exposing our participants and coaches to the risk of sunburn, dehydration and heat exhaustion.

We should all be mindful of our individual State's climate when planning rehearsal and performances and ensure that all involved are protected, both for the present and future health of all.

Lynne Hayward
President

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PART I – INTRODUCTION

This part sets out the purpose of this Policy, who it applies to, when it commences, what words mean and who has responsibilities under the Policy.

1. WHAT IS THE PURPOSE OF THIS POLICY?

- 1.1 The purpose of this Policy is to provide guidelines for heighten the awareness of ACF, Member States and Affiliated Clubs and their delegates and coaches of the potential health risk.
- 1.2 The Policy provides guidelines for prevention and decreasing the risk of heat exhaustion and sunburn.

2. WHO DOES THIS POLICY APPLY TO?

- 2.1 This Policy applies to the following organisations and individuals:
 - (a) persons appointed or elected to boards of directors, executives and/or committees (including sub-committees) of ACF, Member States and Affiliated Clubs;
 - (b) officials appointed or elected by ACF, Member States and Affiliated Clubs which represent such organisations;
 - (c) coaches (including assistant coaches) who:
 - (i) are appointed and/or employed by ACF, Member States and Affiliated Clubs (whether paid or unpaid); or
 - (ii) have an agreement (whether or not in writing) with ACF, a Member State or an Affiliated Club to coach at a facility owned/hired or managed by such organisation;
 - (d) participants who enter any competition, activity or events (including camps, training sessions etc) which are held or sanctioned by ACF, a Member State or an Affiliated Club;
 - (e) Member States;
 - (f) Affiliated Clubs; and
 - (g) any other person or organisation, who or which is, a member of, or affiliated to, ACF, a Member State or an Affiliated Club (including life members).

3. WHAT IS THE STATUS OF THIS POLICY?

- 3.1 This Policy is issued by the ACF Council under rule 19(3) of the ACF Constitution.
- 3.2 This Policy comes into force on 1 January 2009.
- 3.3 This Policy may be changed from time to time by the ACF Council.

4. WHAT DO WORDS IN THIS POLICY MEAN?

- 4.1 In this Policy, words appearing with a capital shall have the meaning set out in Attachment A and Attachment A will form part of this Policy.

PART II - POSITION STATEMENT

The health of Calisthenic members is a primary concern of ACF. As our sport season spans a long portion of the year, we should be mindful of the climate conditions we ask our participants to perform / rehearse in.

The ACF and its affiliated bodies have a responsibility to create an environment for its pupils, coaches and administrators which is safe and where practices aim to prevent exposure to excessive heat and sun.

5. RESPONSIBILITIES UNDER THE POLICY

- 5.1 ACF and Member States must:
 - (a) adopt and comply with this Policy; and
 - (b) publish, distribute and promote this Policy (and any amendments made to it from time to time) to their members in the manner required by ACF and make this Policy available for inspection, or provide a copy.
- 5.2 Affiliated Clubs must:
 - (a) adopt and comply with this Policy;
 - (b) publish, distribute and promote this Policy (and any amendments made to it from time to time) to their members in the manner required by ACF and make this Policy available for inspection, or provide a copy; and
 - (c) make such amendments to their constitution, rules or by laws in order for this Policy to be enforceable, as required by ACF.

PART III - OPERATIONAL PROCEDURES

6. PREVENTION

ACF has implemented a preventative strategy including the following:

a) **Schedules:**

Where possible, outdoor events (eg. Christmas parades, sports events and promotional displays) should be scheduled outside the hours of 11.00 am and 3.00 pm (daylight savings time). Organisers should provide portable shade structures for the performers and organisers as well as encouraging individuals to bring their own shade structures and sunscreen to club events. Spectators need to be encouraged to be prepared for sun / heat exposure.

b) **Rehearsals:**

All Affiliated Clubs and officials should act in a proactive manner in case of extreme and prolonged heat. If rehearsals are held on a day of high temperatures (35° and above)¹ cooling devices should be available and used. Over exertion should be avoided at all times and breaks to encourage and allow participants to rehydrate given. In the event of high temperatures continuing for a long period of time, consideration to cancelling or rescheduling normal practice sessions should be given.

c) **Clothing:**

Uniforms and performance costumes should be appropriate for the season. Heat exhaustion would be prevented by not allowing a heavy costume to be worn in high temperatures, as would light attire be adverse in colder weather.

National Representative Teams should be supplied with appropriate clothing by their respective states, relevant to the host state of the current year. If necessary, this should include head covering.

At all times, individual needs must be considered.

¹ States and Territories should make individual decisions based on climatic conditions to their area.

ATTACHMENT A - POLICY DEFINITIONS

“**ACF**” means the Australian Calisthenic Federation Inc, the national governing body for calisthenics in Australia.

"**ACF Constitution**" means the constitution of ACF as amended from time to time.

“**Policy**” and “**this Policy**” means this Heat / Sun Awareness Policy

“**Affiliated body**” is any accredited Calisthenic State and Territories parent bodies.

“**Affiliated Club**” means a club (whether incorporated, unincorporated or otherwise) which is a member of a Member State.

“**Member**” is an affiliated body.

“**Member State**” has the same meaning as in the ACF Constitution.

“**Organiser**” is the Calisthenic representative in charge of the event / item.

“**National Representative Team**” represents the individuals selected by the State/Territory body to compete at the ACF’s National Title Competition.