



# Temperature and Environmental Guidelines for Gymnastics Clubs

Empowering Clubs, Elevating Coaches, Inspiring Gymnasts.

# 1.Introduction

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At the Independent Gymnastics Association (IGA), the safety, health, and comfort of all gymnastics participants, coaches, and staff members are our top priorities. To ensure a conducive environment for training and competition, gymnastics clubs must maintain safe and appropriate temperatures during classes and activities.

This document outlines the guidelines for operating gymnastics centres in conditions that meet legal and safety standards, including temperature ranges, ventilation, and risk mitigation measures, based on recommendations from health and safety authorities.

## 2. Legal Requirements

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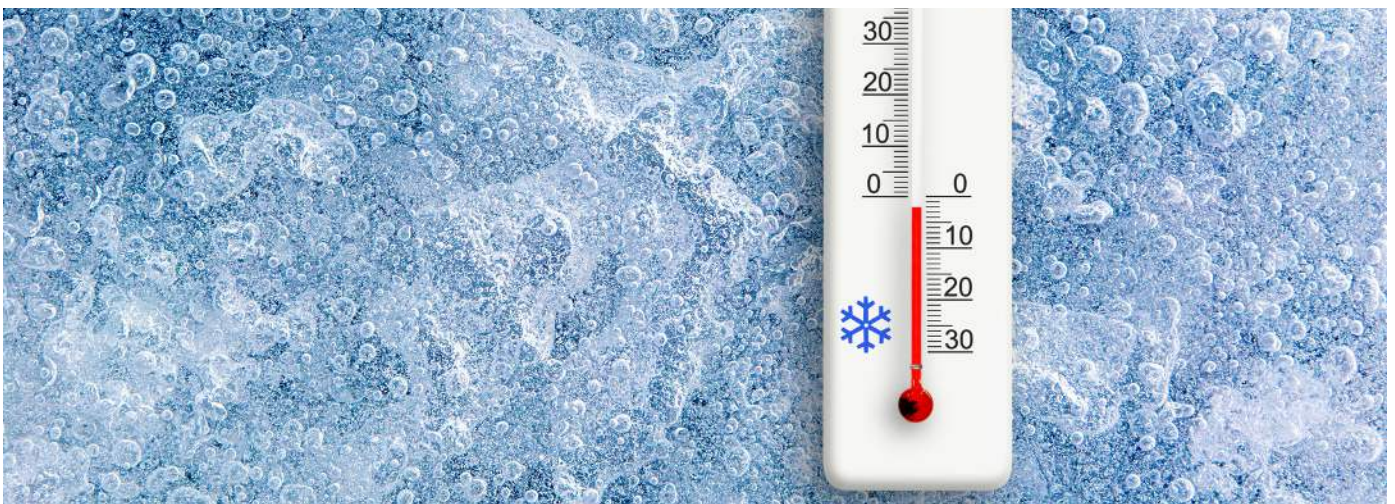
Gymnastics centres and clubs must comply with general health and safety laws, specifically:

- **Health and Safety at Work Act 1974 (HSWA):** This legislation requires all employers, including sports centres, to provide a safe environment for both staff and participants.
- **Workplace (Health, Safety, and Welfare) Regulations 1992:** This regulation emphasises the need for maintaining reasonable indoor temperatures for all employees and participants in sporting activities.

While these laws do not specify exact temperature ranges for sports clubs, they highlight the necessity of ensuring that the temperature remains safe, reasonable, and conducive to physical activity.

## 3. Recommended Temperature Ranges for Gymnastics Centres

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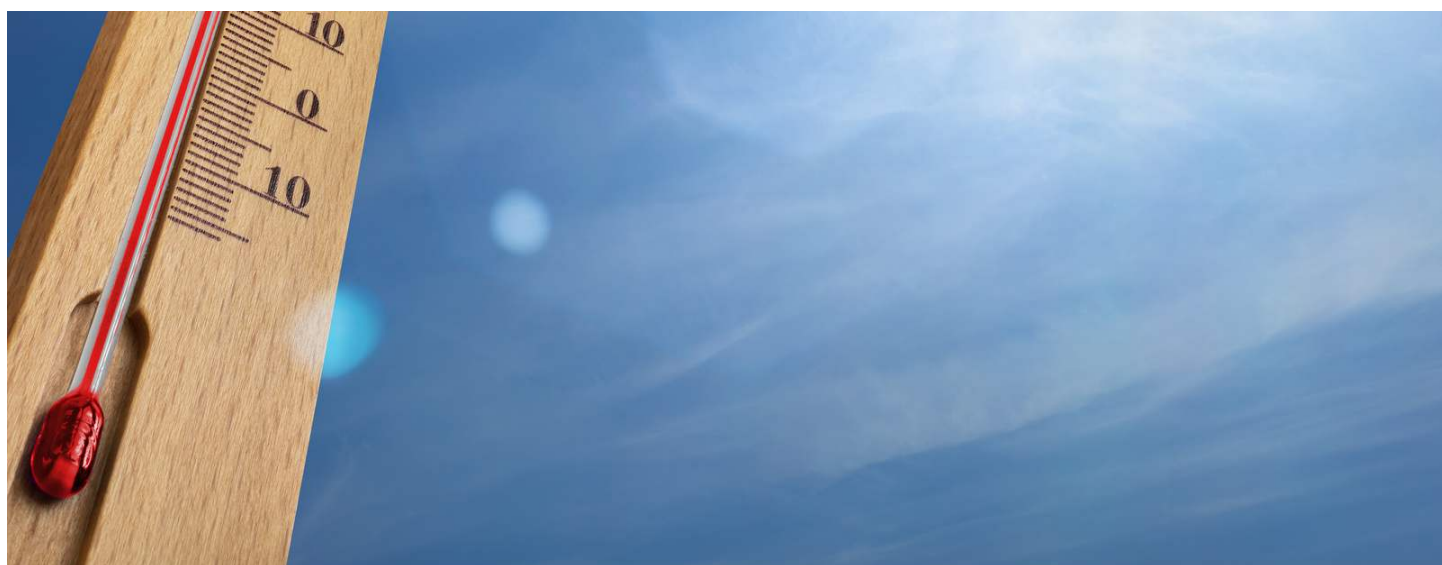


Based on industry guidelines, the following temperature ranges are advised for gymnastics clubs:

- **General Temperature Range:** 18°C to 22°C is recommended to maintain a comfortable and safe environment.
- **Minimum Temperature:** For physically active environments such as gymnastics, the minimum safe temperature is **13°C**. However, most clubs should aim for at least **16°C** to ensure comfort during less active periods (e.g., warm-ups, cooldowns, and younger participants).
- **Maximum Temperature:** Although there is no legally defined maximum temperature, environments exceeding **22°C** should be carefully monitored to prevent overheating. Appropriate measures, such as increasing ventilation and hydration, should be taken to protect athletes from heat-related issues.

## 4. Managing Extreme Temperatures

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### Cold Temperatures

- **Risk of Cold-Related Injuries:** In cooler environments, there is an increased risk of injuries such as muscle strains and reduced flexibility. Ensure thorough warm-up routines to prepare gymnasts for physical activity.
- **Clothing Recommendations:** Encourage participants to wear layers during cold weather, which can be removed as they warm up.

### Hot Temperatures

- **Heat-Related Risks:** In warmer conditions, athletes are more prone to heat stress, dehydration, and fatigue. Monitor the hall temperature closely, and take the following actions:
  - Increase ventilation by using fans, open windows, or air conditioning where available.
  - Schedule regular hydration breaks to prevent dehydration.
- **Adjusting Class Times:** During extreme heat, consider rescheduling classes to cooler times of the day, such as early morning or late afternoon.

## 5. Specific Considerations for Children and Young Gymnasts

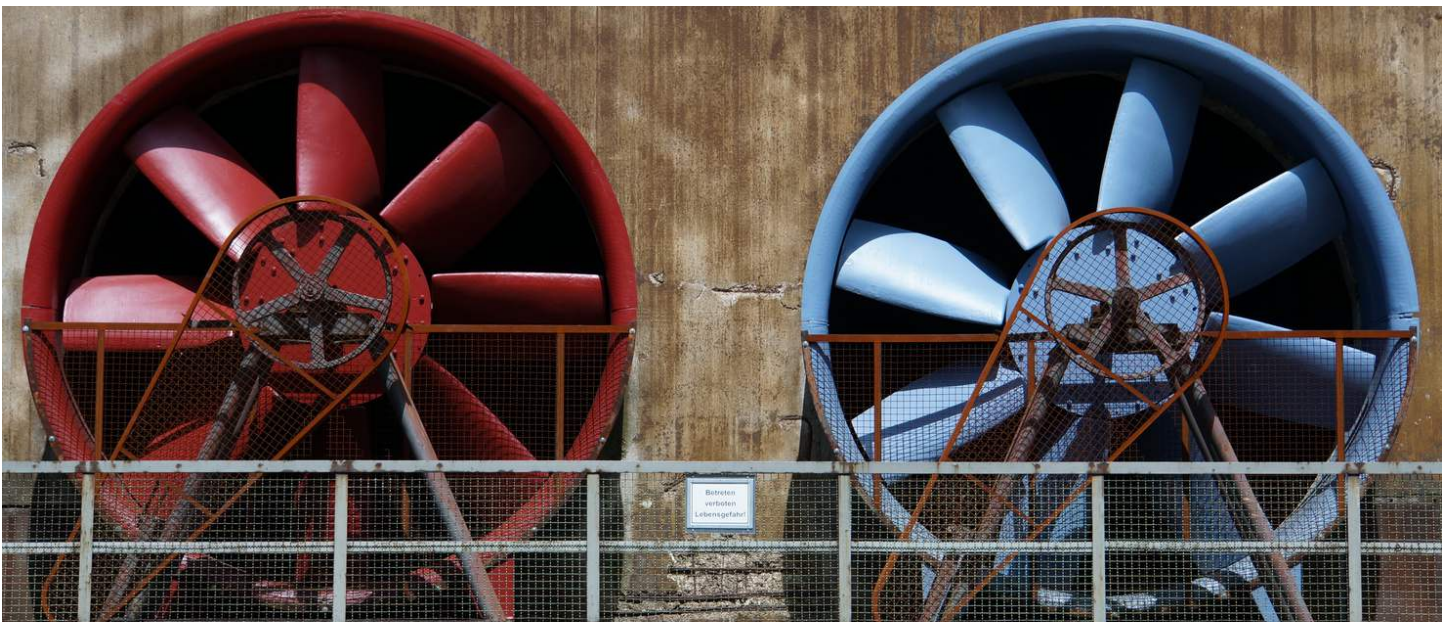
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Gymnastics centres catering to young children must be particularly mindful of temperature extremes, as children are more vulnerable to both heat and cold. For classes with a majority of young participants, it is recommended to maintain temperatures closer to **20°C**, ensuring that children remain warm enough throughout the session without the risk of overheating.

## 6. Ventilation and Air Quality

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Maintaining good air circulation is critical, especially in warmer conditions. Proper ventilation helps prevent the build-up of humidity and ensures that athletes can perform without discomfort or risk of overheating. Gymnastics centres should take steps to:

- Use mechanical ventilation systems or fans to circulate air in the space.
- Open windows and doors where safe and practical.
- Regularly monitor air quality and humidity levels to ensure a fresh and breathable environment.

## 7.Compliance and Reporting

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Clubs must ensure compliance with these guidelines as part of their commitment to providing a safe environment for all gymnasts and staff members. Any concerns or complaints about unsafe temperature conditions should be reported to the club management immediately, and corrective actions should be taken as necessary.

If issues persist, they should be reported to the Independent Gymnastics Association for further guidance and investigation. Failure to maintain safe operating conditions may result in intervention by the **Health and Safety Executive (HSE)**.