HOT WEATHER & EXTREME HEAT POLICY

Train smart, stay supported and look after each other.

This policy forms part of the Build Training Membership Agreement and explains how Build Training manages training during hot weather and extreme environmental conditions to reduce heat-related illness. This policy must be read in conjunction with the Membership Agreement and any other applicable Build Training policies.

1. Purpose

High-intensity exercise in hot conditions can increase the risk of dehydration, heat exhaustion and heat stroke. Build Training may modify, shorten, relocate, reschedule or cancel a class where environmental conditions are considered unsafe.

2. Heat illness risks

Heat exhaustion

Possible symptoms include dizziness, headache, nausea, fatigue, weakness, confusion, heavy sweating and elevated heart rate. A participant experiencing symptoms should stop exercising, move to a cooler area, hydrate and advise a coach immediately.

Heat stroke

Heat stroke is a medical emergency. Possible symptoms include confusion, collapse, loss of consciousness, very high body temperature or altered sweating. Immediate cooling and urgent medical assistance are required.

3. Hydration guidance

- Drink water before training and arrive adequately hydrated.
- Bring a water bottle to every session.
- Use hydration breaks provided during training.
- Rehydrate after exercise.
- Consider individual medical advice, exercise intensity and environmental conditions when determining fluid needs.

4. Environmental monitoring

Build Training may consider Bureau of Meteorology forecasts for the facility location together with ambient temperature, humidity, airflow, ventilation, radiant heat, air quality, class intensity, session duration and the condition of the training space.

5. Temperature guidance

Temperature	Indicative risk	Possible response
15°C to 25°C	Low	Normal training conditions.
26°C to 30°C	Moderate	Additional hydration breaks and possible workout modifications.
31°C to 34°C	High	Reduced intensity or duration and additional rest periods.
35°C & above	Extreme	Modification, relocation, rescheduling or cancellation may occur where conditions are unsafe.

Temperature thresholds are guides only. Humidity, ventilation and local conditions may require earlier modification or cancellation.

6. Training modifications

- reduce training intensity;
- shorten session duration;
- increase rest or hydration breaks;
- substitute or remove movements that create additional heat stress;
- increase airflow or ventilation;
- relocate a session to a cooler or safer area;
- reduce participant numbers where required for safety.

7. Class cancellation

Build Training may cancel a class where heat, humidity, air quality, a power outage, ventilation failure, severe weather warning or another environmental condition makes training unsafe. Where practicable, members will be notified through the booking system, email, social media or another usual communication channel. A safety-based cancellation will be managed consistently with the Membership Agreement and applicable law.

8. Member responsibilities

- Stay hydrated and wear suitable training clothing.
- Consider personal health, medication, recent illness and heat tolerance.
- Stop exercising and notify a coach immediately if symptoms occur.
- Do not attend high-intensity training while unwell, dehydrated or recovering from illness.
- Follow workout modifications, rest instructions and safety directions.

9. Coach responsibilities

- Monitor environmental conditions and the training space.
- Adjust programming, intensity, duration and rest periods where required.
- Encourage hydration and monitor participants for signs of heat illness.
- Stop a participant from continuing where there is a reasonable safety concern.
- Escalate emergencies and arrange first aid or emergency assistance where necessary.

10. Authority and review

Build Training may reasonably update this policy for safety, legal or operational reasons. A change will not materially increase fees, reduce core membership benefits or introduce a new cancellation burden unless permitted by the Membership Agreement, required by law or accepted by the member. Where reasonably practicable, Build Training will give at least fourteen (14) days' written notice before a material change takes effect. A shorter period may apply where reasonably required for an urgent safety, legal or regulatory reason.