

Simply Ballet Hot Weather Policy



This policy covers classes and activities conducted in hot weather.

During the summer months, temperatures can be unpredictable and extreme. Simply Ballet aims to keep you dancing during these times but acknowledges further actions are required to keep students safe and classes enjoyable. Please read the policy below and contact us if you have any further questions.

General Hot Weather:

- Simply Ballet will make use of any existing cooling devices in studio such as air conditioning and fans
- Activity levels in class may be reduced at the teacher's discretion
- Students will be allowed extra breaks during class and encouraged to hydrate
- Students may choose to wear devices such as cooling towels (or similar) to aid personal comfort
- Students may adapt uniform to allow for cooling such as substituting ballet tights other suitable items like socks or shorts

Forecast Temperatures between 35-45 degrees:

Simply Ballet will follow all General Hot Weather policy steps and in addition will;

- Require **all** students participating in class to have their own individual drink bottle from which they can hydrate
- Students with medical conditions affected by heat must advise staff before the commencement of class.
- Significantly reduce the activity level in classes and incorporate low intensity activities such as stretching, conditioning or educational videos.
- Students must notify staff immediately if they feel ill, light headed, or dizzy.
- Students may choose not to participate in any activity during class at their own discretion.

Forecast Temperatures above 45 degrees:

- All classes will be cancelled on days where the [official forecast for Adelaide](#) is above 45 degrees Celsius.
- Make-up classes may be taken at an alternate time or day at the student's current level, or an appropriate level as determined by Simply Ballet staff