

## **GOLF SAFETY GUIDELINES**

Golf is a game of finesse and skill that requires attention to detailed technique. The enjoyment of an outdoor activity, a beautiful environment and the company of teammates can deter from the concentration needed to play golf effectively and may also result in some hazardous behavior or inattentiveness. For these reasons, attention to several safety considerations is important.

### **PREPARATION FOR PRACTICE OR CONTEST**

1. Wear comfortable footwear that will protect the feet against blisters or skin irritations.
2. Wear outer and undergarments that reflect temperature, humidity and climatic conditions.
3. Participants with vision impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception. Eyeglasses should be held in place with an elastic strap.
4. Participants needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
5. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption thirty minutes prior to competition.
6. Prospective participants with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.
8. Report all injuries to the coach immediately.

### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

### **MOVEMENT TO CONTEST OR PRACTICE SITE**

1. Be alert to:
  - a. Ramps leading to practice or contest area
  - b. Practice areas for chipping and driving
  - c. Other golfers when you are taking practice chips and drives
  - d. Golfers taking practice swings
  - e. Golf carts
  - f. Changes in footing texture (carpet, turf, blacktop, concrete)
2. Exercise caution in driving to courses or practice areas.
3. Stretch appropriately.
4. Be cautious in parking lots when unloading clubs and/or carts when changing shoes.

5. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Participants with sensitive skins should avoid prolonged sun exposure.

### **CAUTIONS SPECIFIC TO GOLF**

1. When involved in club control/club swing drills LOOK in all direction BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. Do not horseplay with clubs or equipment. Do not throw clubs.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to participants in front and behind you. On short holes, signal participants behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to participants ahead.
5. Call "FORE" if any shot moves into an adjacent fairway or near any other participant.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light-headed.
7. If severe weather occurs while on the course:
  - a. Remove spikes; get away from clubs.
  - b. Avoid trees, shelters, hilltops, open spaces, isolated trees or metal objects.
  - c. Move to a wood building, low, protected areas or heavily wooded area.
8. If heat and humidity are excessive, participants should dry club handles regularly.
9. Be alert to blisters, calluses and foot infections.

### **EMERGENCIES**

Because of the nature of golf, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

1. Stop all practices.
2. Call the coach to manage the situation if the coach is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bring the first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site
5. Fire or fire alarm:

I understand the rules and procedures and the necessity of using the proper techniques while participating in golf activities.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_