

## GOLF

### **CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC GOLF**

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.

#### **PREPARING FOR PRACTICE OR CONTEST**

1. Wear comfortable footwear that will protect the feet against blisters or skin irritations.
2. Players with usual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
3. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
4. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
5. Appropriate clothing should be worn to reflect temperature, humidity and climatic condition.
6. Players 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.

#### **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/PRACTICE SITE**

1. Be alert to:
  - a. Ramps leading to practice/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)
  - g. Weather conditions - especially storm conditions where lightning is a possibility

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 or when changing shoes.
5. Adjust for temperature, humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.

### **CAUTIONS SPECIFIC TO GOLF**

1. When involved in club control/club swing drills LOOK in all directions 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 players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway or near any other player.
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 area or heavily wooded area.
8. If heat and humidity are excessive, players 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. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.