

## **GOLF CAUTIONARY STATEMENT**

Golf is a great sport. It is one of the most enjoyable lifetime sports. Enjoyment, improved play and competition safety can be ensured by paying attention and adhering to the following considerations and procedures.

### **PREPARING FOR PRACTICE:**

1. High school golfers may practice or play competitive rounds of golf under sponsorship of the Dakota Valley High School District **ONLY** when authorized and supervised by a school district coach or supervisor. During all practice or competitive sessions and while preparing for practice or preparing to depart the golf course, participants are expected to observe and follow all policies contained in this document, all USGA playing rules, and display proper golf etiquette. Any practice or competitive golf rounds played without school district authorization or supervision will be at the player's own expense and own personal liability for damage, loss or injury.
2. Choose clothing or footwear that fits properly, and doesn't restrict movement. Wear all protective and supportive undergarments to practices and competition.
3. Select clothing appropriate for precipitation, humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
6. Avoid horseplay with clubs and equipment.
7. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
8. If ill or dizzy, notify the coach or trainer. Do not practice.
9. Check clubs regularly for metal stress or other signs of deterioration.
10. Replace or repair damaged clubs.

### **MOVEMENT TO PRACTICE SITE OR TRAVEL TO CONTEST/PRACTICE SITE:**

1. Exercise caution in driving to course or practice areas.
2. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
3. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
4. Be alert to locations of driving, practice swings, chipping, and sand trap areas.
5. Be alert to cart pathways, golf carts, and traffic patterns.
6. Be alert to weather conditions especially stormy weather. Check with the coach before playing if there are any safety questions.
7. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.
8. No horseplay, rough housing, hazing or initiations.

### **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. No horseplay with clubs or equipment. No club throwing.
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 shot. Do not hit the tee or fairway shots if in close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume weather. Call for assistance if dizzy, ill or light headed.
7. If sever weather occurs while on the course:

- A. Remove spikes, get away from clubs.
- B. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
- C. Move to a wood building, low, protected area, or heavily wooded area.

## **EMERGENCIES:**

Because of the nature of golf, some injuries may occur. All injuries must be called to a coach's or trainers attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also necessitate involvement of squad members as follows:

1. Be alert to any injury that the coach may not see. He/She will manage the person in trouble. DO NOT move the victim! Assist by:
  - A. Stop all practices, scrimmages.
  - B. After calling the coach to manage the situation, help the injured person;
  - C. Telephone for additional assistance (phone numbers and information are posted on or by the telephone): obtain first aid supplies or equipment.
  - D. Sit or kneel in close proximity.
  - E. Keeping onlookers away.
  - F. Directing rescue squad to the accident site.
2. Fire or Fire Alarm:
  - A. Evacuate or remain outside the building.
  - B. Move and remain 150 feet away from the building.
  - C. Be prepared to implement the emergency procedures outlines in #1.
3. Bomb Threat:
  - A. Evacuate the building and remain together as a squad-200 yards from the building.