

Golf Cautionary Statement

Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Both outer and under garments should be appropriate for humidity and temperature.
6. Players should ingest the equivalent of 4-6 glasses of water each day.
7. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
8. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
9. Players with seizure, 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.
10. No horseplay, roughhousing, hazing or initiations.
11. Check clubs regularly for metal stress or other signs of deterioration.
12. Replace or repair damaged clubs.

Travel to contest / practice site:

1. Be alert to:
 - a. ramps leading to practice / contest area.
 - b. variations in surfaces of locker room, ramps, cinder, or artificial surfaces.
 - c. locations of driving, practice swing, chipping, and sand trap areas.
 - d. Cart pathways, golf carts, and traffic patterns.
 - e. Weather conditions.
2. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
3. Adjust for temperature and humidity. A cap, sunglasses and sunblock can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.
4. Do not accept rides home from strangers.
5. Be alert for any possible hazards..
6. No horseplay, roughhousing, hazing or initiations

Hazards 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 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 players.
6. If severe 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.

7. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
8. Dehydration can be dangerous. 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.

Emergencies

Because of the nature of golf, some injuries will occur. All injuries must be called to a coach 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 require squad members to:

1. Stop all practices, scrimmages, or drills, DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. helping with the injured person.
 - b. calling for additional assistance.
 - c. bringing first aid equipment.
 - d. keeping onlookers away.
 - e. directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
 - a. Evacuate and remain outside the building.
 - b. Move and remain 150 feet away from the building.
 - c. Be prepared to implement the emergency procedures outlined in #4.

Printed Athlete Name

Date

Athlete Signature

Printed Parent/Guardian Name

Date

Parent/Guardian Signature