

## GOLF

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

High School \_\_\_\_\_

Golf is a highly specialized form of competition in which stamina, strength, agility, and fitness are important factors. To develop each of these attributes, golfers must observe and practice rules, procedures and progressions intended to enhance their safety, learning, overall success and enjoyment of the sport.

#### **PREPARATION FOR PRACTICE OR CONTRAST**

1. Choose practice or competitive uniforms that fit properly. Protection grips may be helpful to prevent blisters.
2. Players with vision impairments must wear corrective lenses or glasses to ensure safe judgment. Eyeglasses must be made of shatterproof materials, be mounted in break resistant frames and be held in place with an elastic strap.
3. Players needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
4. Avoid horseplay and rough-housing.
5. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
6. 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, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

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. Call for additional assistance
  - b. Bring 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:
  - 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

**ACKNOWLEDGEMENT**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation on the \_\_\_\_\_ High School golf program.

\_\_\_\_\_  
Athlete Signature/Date

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