

# HEAT POLICY



## ***Principle:***

It is the Clubs belief that each golfer is responsible for knowing their limitations and should therefore act in a responsible manner to ensure their own safety. All players should be aware that in extreme temperatures the body becomes easily dehydrated which could be harmful. Players should use personal discretion when choosing to play on these days.

## ***Purpose:***

In drafting this policy the Club has a responsibility not to encourage Members and Guests to participate in **events** that may place a person at risk. Therefore in applying the conditions of this Policy events may be rescheduled at the Match Committee's discretion.

## ***Policy:***

In the event the predicted temperature the day prior to competition play is to rise above 39.4°C the following will occur:

- The predicted temperature for the following day is to be verified by the Golf Shop staff at 5.00pm using the Scoresby forecast as the barometer (accessed via the Bureau of Meteorology website – [www.bom.gov.au](http://www.bom.gov.au) – click on the “Melbourne” forecast link, then click on the “Scoresby” link located in the “Around Melbourne” window)
- Once the forecast temperature exceeding **39.4°C** has been verified, the daily competition will be the **ONLY EVENT** to operate with the time restrictions (as listed below) implemented
- Pre-printed “**Hot Weather Advice**” notices (attached) regarding hydration are to be placed on the A Frame outside the entrance to the Pro Shop, on the Local Rules Noticeboard, on the Pro Shop counter and at the Member's Kiosk

## **Application (Competition Restrictions):**

### **Saturdays**

- The last tee time for competition play will be 9:18am
- All players booked in after this time will be moved to available spots on the 1<sup>st</sup> and the 9<sup>th</sup> tee as per order placed on the time sheet
  - (i.e. First time first tee time, latest time latest tee time)
- Golf Shop staff are then to ring all players who have been moved
- Golf Shop staff are then to ring all players who have been not been able to get a tee time
- Early players are reminded that a 2 tee operation is in play and they will not be able to commence the second nine until all players have commenced their round

### **Sundays to Fridays**

- The last tee time for competition play will be 9:58am
- All players booked in after this time shall be called by the Golf Shop staff to state the enforcement of the Heat Policy and be offered an earlier available tee time.

### **Others**

- In the event that a competition round falls outside of these parameters the Match Committee has the discretion to alter any or all conditions in which the event is played

# HOT WEATHER ADVICE



All players are reminded that it is their responsibility for knowing their limitations and therefore should act in a responsible manner to ensure their own safety.

## **CAUTION** during Hot Weather:



Ensure you are hydrated at all times (Drink plenty of water)



A person can lose up to 1.5litres of body fluid per hour



Always wear a broad brimmed hat and long sleeved shirt



Apply liberally SPF50+ sunscreen



Wear glasses with an EPF of 10 to protect your eyes



Immediately inform your playing partners if you are feeling ill



Playing partners should immediately contact the Golf Shop on 9707 1887 if they are concerned about another person

## Do **NOT** play on if:



You are feeling dizzy



Have a sudden lose of co-ordination



Feeling physically sick



Headaches & nauseous



Cramps or muscle spasms



You have been drinking alcohol



Transient heat fatigue