

Royal Park Ladies Golf Club Heat Policy

Purpose

To protect the health and wellbeing of members, particularly older women, when playing golf in hot conditions.

Policy

Taking into account that an individual's response to high heat and humidity will vary from person to person and adopting recommendations from Sports Medicine Australia, Golf Australia and Vic Sport, the following situations will apply.

In the event of a forecast by the BOM of 36 degrees or above at 6pm on the Wednesday evening prior to the competition, the 18 hole competition will be cancelled and only a 9 hole competition will be available.

If the temperature on competition day is 36 degrees or above at 6am, all competition will be cancelled. Social play is not advised and is the responsibility of the individual to take adequate precautions if electing to play.

Last minute cancellations where practicable will be notified on Miscore

Recommended Precautions

- Ensure adequate hydration by carrying plenty of cold fluids
(cold water is available on tap in the clubrooms and drinking fountains at the 1st, 4th and 6th Tees and beside the 8th green. Bottled water is available for purchase in the pro shop.)
- Use sun protection ie, umbrella, wide brimmed hat, long sleeves, sun screen (SPF 30 or above - cancer council recommends 50+ and remember to reapply as required)
- Walk steadily, rest in shade and slow play if needed.
- Use the buddy system - never play alone in extreme heat.
- Consider using carts to minimise exertion .

Be aware of signs and symptoms of heat stress

- Dizziness, headache, nausea
- Excessive or absence of sweating
- Confusion or slurred speech
- Muscle cramps or weakness.

If heat stress is suspected, stop play, move to shade, hydrate and seek medical help if symptoms persist

Review: This policy is reviewed annually before summer or earlier if required by health or golf authority advice.