



Hot Weather Guidelines

The Red Cliffs Golf Club Hot Weather Guidelines are adapted from the Golf Victoria and Sports Medicine Australia policies and guidelines regarding the prevention of heat illness in sport in children and adults. They should apply to players, caddies, officials, and volunteers involved in the game.

The risks involved with heat illness from vigorous exercise are significant. While the lower activity levels of golf compared to some other sports are somewhat reduced, the individual response to heat varies from person to person and therefore no hard and fast guidelines will suit every member.

Given that golf clubs tend to have members in the older age range and the climatic conditions of the Sunraysia region, consideration must be given to the risks involved in competing during hot weather. People who are older, overweight, unacclimatised or unwell need to be especially vigilant.

Recommendations

- If the temperature is forecast for 36 degrees or higher, play should commence earlier in the morning when it is cooler.
- Consider not playing if you are especially at risk.
- Players should carry sufficient water and drink regularly, even if not feeling thirsty.
- Seek shade when waiting your turn to play. Use an umbrella and/or use the shade of the trees.
- Consider using a damp towel placed around the neck.

Extreme heat policy

- When the forecast top temperature is 40 degrees or higher, the extreme heat policy will be applied. The health and safety of our members is a priority.
- Competition players must tee off prior to 9:30am.
- Any person teeing off after 9:30 cannot enter the competition and plays at their own risk.

Sun safety

Sun safety to prevent burning and other skin damage should also be a major priority in our region. You are at risk even on overcast and cooler days so precautions should be taken whenever you are exposed to the sun.

Recommendations

- Wear a broad brimmed hat that protects both face and ears.
- Apply sunscreen to all exposed skin.
- Wear suitable clothing – light weight, long sleeved shirt and long pants. A light colour tends to be cooler. Sun sleeves are a viable alternative.
- Wear sunglasses.
- Seek shade. Use an umbrella or the shade of the trees.

If it's going to be hot....play early!!!