



## **MOOROOPNA GOLF CLUB**

### **HEAT POLICY & GUIDELINES**

Following reference to the Golf Victoria's "Heat Policy", the following guidelines are issued:

- Competition Days – Mooroopna Golf Club will still run organised events on days of extreme heat, however, individual players will assess for themselves whether they wish to play.
- Social Rounds/Green Fee Players – Mooroopna Golf Club will be open for business on these days and individual players will assess for themselves whether they wish to play

**On days of extreme heat, Mooroopna Golf Club Inc, its employees and its contractors accepts no responsibility regarding player welfare. However the Club will endeavour to look after players as much as possible. It is entirely each players' choice whether to play or not.**

Any golfer intending on playing on days of extreme heat should consider the following risk factors & their personal health:

- Are you physically unfit or overweight?
- Are you inactive and aged over 35 for men, or aged 45 and over for females?
- Do you suffer a pre-existing medical condition? Eg heart disease, circulation, blood and skin conditions.
- Are you fatigued or suffering a short term illness? Eg flu.
- Are you taking any medication or drugs?

If you answer yes to any of these questions, your risk of heat related illness is increased, and it is recommended you do not participate in extreme weather conditions.

For golfers choosing to play, the following recommendations are made to assist in minimising the effects of heat:

- Hydration – dehydration is a major risk and players need to ensure that they consume fluids prior to, during and after their round to replace fluids. Recommended intake is 150ml - 200ml every 15 minutes. Alcohol is not recommended on days of extreme heat, as this further dehydrates the body.
- Hats/Sunscreen – All players should wear an appropriate hat or cap and use a minimum 30+ sunscreen, and reapply every 2 hours.
- Clothing – Light coloured, loose fitting clothing is recommended.
- Rest/Shade – Players should rest in shaded areas whenever they are able, and consider using an umbrella for artificial shade at all times.

Symptoms of heat stress include a rash, dizziness, high pulse rate, cramps, exhaustion, vomiting, shortness of breath, instability on your feet and if you are suffering from any of these symptoms, you should stop play immediately and contact the Pro Shop for assistance.

## **SUSPENSION OF PLAY POLICY as of May 27th, 2014**

At the discretion of Pro Shop Staff or a Golf Committee representative, play may be suspended at any time due to dangerous playing conditions (lightning, high winds etc) or unplayable course conditions (flooded greens and fairways).

The suspension of play will be signified by the following:

- One (1) prolonged blast of the siren for dangerous situation.
  - Following this no more play is permitted and players must go to a shelter or return to the clubhouse immediately. Any player(s) who continue to play after the siren is sounded will be disqualified from the competition.
- Three (3) short blasts of the siren for a non-dangerous situation (eg Flooded Greens)
  - Following this, players may complete the hole they are playing but must not start a new hole. Players must go to a shelter or to the clubhouse as soon as possible. Any player(s) who break this rule will be disqualified.
- Two (2) short blast of the siren signify it is safe to resume play.

If play is suspended it will be for a minimum of 30 minutes after which time the conditions will be re-assessed.

For play to resume there has to be reasonable time for all players to complete their rounds. Close of play for any Saturday event is 6.00pm or when darkness renders the course unplayable at the discretion of the players on course.

If play cannot be completed on the scheduled day, the Golf Committee, at their discretion has 3 options:

1. Cancel the days' play and re-schedule. (Provide players with refunds or competition credit)
2. Cancel the days' play and don't re-schedule. (Provide players with refunds or competition credit),
3. Postpone play until the next day.

**Note: For a competition to be deemed completed, 50% of the field entered and paid in the competition must have completed their rounds.**

Frost Conditions – At the discretion of ground-staff play may be delayed or suspended. Accordingly start times will be delayed until ground-staff deem the course safe to play.

**Keep a watch for notices regarding weather forecasts and rain radars in the Pro Shop and be ready for the possibility of suspensions of play.**

**Refer to Rule 6-8 for procedures for suspension of play, marking ball and resuming play.**