

Lowell High School Golf Cautionary Statement

Golf is a great sport. It is probably the foremost lifetime sport of all sports. Enjoyment, improved play and competition safety can be ensured by paying attention and adhering to the following considerations and procedures.

Preparing for practice:

1. High school golfers may practice or play competitive rounds of golf under sponsorship of the Tri Creek School Corporation ONLY when authorized and supervised by a school corporation coach or supervisor. During all practice or competitive sessions and while preparing for practice or preparing to depart the golf course, participants are expected to observe and follow all policies contained in this document, all USGA playing rules, and display proper golf etiquette. Any practice or competitive golf rounds played without school corporation authorization or supervision will be at the player's own expense and own personal liability for damage, loss or injury.
2. Choose clothing or footwear that fits properly and doesn't restrict movement.
3. Select clothing appropriate for participation, humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
6. Avoid horseplay with clubs and equipment.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
8. If ill or dizzy, notify the coach. Do not participate.
9. Check clubs regularly for metal stress or other signs of deterioration.
10. Replace or repair damaged clubs.

Movement to practice site:

1. Lowell High School will provide transportation to and from the golf course and to and from any matches. Also, golfers may be transported to and from the golf course by his/her parents only. Transportation provided in private vehicles must be indemnified by personal accident and injury insurance of the owner or the driver. The Tri Creek School Corporation is not liable for injury, loss or damage incurred by drivers or passengers in private vehicles.
2. Parents should exercise caution in driving to courses or practice areas.
3. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
4. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
5. Be alert to locations of driving, practice swing, chipping, and sand trap areas.
6. Be alert to cart pathways, golf carts, and traffic patterns.
7. Be alert to weather conditions - especially stormy weather. Check with the coach before playing if there are any safety questions.
8. Adjust for temperature and 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. No horseplay with clubs or equipment. No club throwing.
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 players.
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. Be aware that "soft spikes" are made of a material that can become slippery on some surfaces. Watch for and avoid any changes in ground texture, slope, or firmness that may cause slipping.
8. If severe weather occurs while in the course:
 - a. Remove spikes, get away from clubs
 - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
 - c. Move to a wood building, low, protected area, or heavily wooded area.

Emergencies

Because of the nature of golf, some injuries will occur. All injuries must be called to the coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Helping with the injured person.
 - b. Calling for additional assistance.
 - c. Bringing first aid equipment or supplies to the site.
 - d. Keeping onlookers away.
 - e. Directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building.
 - b. Move and remain 50 feet away from the building.
 - c. Be prepared to implement the emergency procedures outlined in #4 above.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Lowell High School Golf Team.

Athlete Signature

Date

Parent/Guardian Signature

Date