

# Golf Safety Guidelines

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper fitting equipment are important to the safety and the enjoyment of the sport.

An athlete is required to report any and all injuries that occur during practice or contests immediately to his/her coach. If a doctor is seen following an injury, the athlete must provide the coach with written instructions from the attending physician detailing restrictions and when it will be safe to return to practice/contests. Proper warm-up exercises are essential prior to participation in any strenuous activity including practices/contests.

The following guidelines should be followed when engaging in the sport of cross-country.

1. The club can be a dangerous weapon. While swinging the club, make certain that the area around you is clear of others. You are not to use it as a toy. Be careful after hitting not to throw the club as you could injure someone. (Caution: never swing toward one another)
2. Travel to/from practice/contests should take place in school approved transportation vehicles, or have completed an alternative transportation form (2320F4) prior to traveling to the event.
3. Be aware of the danger of standing in front of or on the side of a person who is attempting to hit the ball, as one may be injured by the ball or by the rebounding of the ball from trees, signs, markers, etc.
4. Be aware at all times of other players' positions on the course when you are hitting or when they are hitting. You are vulnerable at all times. Do not hit the ball until proper distance is available between golfing groups.
5. Golfers should keep hands and grips dry to minimize the danger of clubs being released. You should refresh grip before each shot to help in this. (Wearing golfing gloves will help)
6. Check equipment thoroughly before each use.
7. All athletes shall read printed literature regarding safety procedures as provided by the coach.

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**Athlete:** The above information has been explained to me and I understand the list of **rules and procedures**. I also understand the necessity of using the proper techniques while participating in the **golf** program.

**X**  
 Athlete's Signature \_\_\_\_\_

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Print Name

\_\_\_\_\_  
 Grade

**Parent/Guardian/Custodian: I have read the above safety guidelines.**

**X**  
 Parent/Guardian/Custodian Signature \_\_\_\_\_

\_\_\_\_\_  
 Date