

Kapunda Golf Club Incorporated

Heat Policy

1. This Heat Policy has been introduced to reduce the risk of heat related illness to players and officials involved in golf activities at our course as well as to protect the grass surfaces of the course during an extreme hot weather event.
2. The Committee has approved this Policy and added it to the Kapunda Golf Club Regulations along with a revised Course Closure Policy. The Regulations are available to download from the Club website (<http://www.kapundagolf.com.au>) and a copy is on the Clubhouse notice board.
3. This policy will apply to all events sanctioned by the Kapunda Golf Club Committee, including regular competitions conducted on Wednesdays (including Twilight), Thursdays and Saturdays.

This policy will also apply to casual play on the course.
4. If the forecast next day maximum temperature for Kapunda is **37°C, 38°C or 39°C**, as issued by the Bureau of Meteorology at 3.00pm on any given day:
 - The course will be open the following day for tee off times between 6.30am and 8.30am.
 - If the following day is a Saturday, competition will be restricted to tee off times between 6.30am and 8.30am. Please note the extra half hour allowed in the morning under this Heat Policy. There will be NO tee times between 11am and 12pm.
 - Competitors must have their completed score card entered onto 1Golf no later than 2.00pm on competition days to facilitate presentations.
 - Competitions with a shotgun start will tee off at the usual time unless players are advised of an earlier start. The regular tee off time, in the hotter months, must be before 8.30am.
 - If the maximum temperature is forecast to be **39°C** or above, the regular Wednesday women's competition will not be held.
 - The Wednesday 9-hole twilight competition will be held with tee-off time delayed from 5.30pm to take advantage of the:
 - falling temperature in the evening, and
 - increased shade on the fairways.
 - Casual players are advised to start play early, preferably before 8.30am, or play in the evening as the temperature cools.
5. If the forecast next day maximum temperature for Kapunda is **40°C or above**, as issued by the Bureau of Meteorology at 3.00pm on any given day:
 - The course will be closed the following day.
 - The Course Manager may, at his discretion, allow some competition play in the cooler parts of the day whilst temperatures are still below 40°C.
 - The Club will notify members, whenever possible, that the course is to be closed. Course closures will be advertised on the Club website (<http://www.kapundagolf.com.au>), Facebook page (Kapunda Golf Club), and by SMS and/or email.

Resting in shaded areas

- During a round of golf in hot weather conditions, all players, caddies and officials should rest in naturally shaded areas when not actively playing strokes.
- In addition, players, caddies and officials are encouraged to utilize other means of shade such as umbrellas during a round of golf in hot conditions.

Medical conditions

- Any player, caddie or official with a pre-existing medical condition that may exacerbate the risk of heat illness, is unwell or overweight, should take every precaution or consider excluding themselves from participation during hot weather conditions. Examples of medical conditions include asthma, diabetes, heart conditions or epilepsy.
- The Club assumes no responsibility for any medical situation that may arise due to hot weather conditions. It is recommended that people with a pre-existing medical condition and/or illness consult a medical practitioner for advice prior to playing golf in hot conditions.

Dehydration

- Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes a player more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during, and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Hydration

- Current guidelines suggest players should drink at least 600ml (2 glasses) of cool water or sports drink in the 2 hours prior to starting play.
- During play, hydrate regularly by drinking between 600ml and a litre of cool water or sports drinks per hour.
- After exercise replenish your fluid deficit to ensure that you are fully rehydrated, but not over-hydrated.
- On-course water refills are available although all players should carry their own supplies when on the course.

The Club recommends

- Wearing loose fitting light weight clothing.
- Wearing a wide brimmed well vented hat and apply 30+ sunscreen.
- Stay in the shade as much as possible.
- Hydrate regularly.
- If you feel unwell or dizzy stop playing and seek help.

Heat Exhaustion is typically characterised by rapid pulse, dizziness/fainting, headache, nausea/vomiting, muscle cramps.

Heat Stroke presents with similar symptoms to Heat Exhaustion along with mental confusion, disorientation, collapse/loss of consciousness. Heat Stroke can rapidly progress to a potentially fatal situation. It is caused by a significant rise in the body core temperature (usually above 41°C).

In either situation, First Aid should consist of:

- Immediately ceasing exercise;
- Lying the person down in a cool, shady environment;
- Removing excess clothing from the person;
- Spraying the person with water and fanning (e.g. use towel to fan);
- Applying ice packs to the person's groins, armpits, neck;
- Providing the person with a drink (only if fully conscious).

If the person does not recover rapidly, or is unconscious, seek immediate medical attention.