

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 young man or woman 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 enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Travel to and from off-campus courses for practice/contests should take place in school-approved transportation vehicles only.
3. 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. After hitting, be careful not to throw the club as you could injure someone. (Caution: Never swing toward one another).
4. 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.
5. Be aware at all times of other players' positions on the course when you are hitting. You are vulnerable at all times. Do not hit the ball until proper distance is available between golfing groups.
6. Golfers should keep hands and grips dry to minimize the danger of clubs being released. You should refresh your grip before each shot to help in this. (Wearing golfing gloves will help also.)
7. Check equipment thoroughly before each use.
8. Contact the coach immediately if injured.

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.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries.

This information has been provided by the Interscholastic Activities Safety and Care Handbook.

Athlete's Signature _____ Grade _____ Date _____

Print Name (Athlete) _____

Parent/Guardian Signature _____ Date _____

