

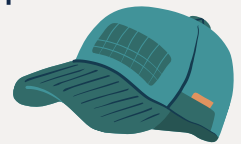


HOT WEATHER GUIDELINES

When playing in hot weather, it is the **members responsibility** to determine whether they are capable of playing golf.

We recommend the following practices to **reduce** the **impact** of **prolonged sun exposure**:

ATTIRE - Consider wearing light coloured, loose fitting clothing paired with a cap/wide brimmed hat and UV protective sunglasses



SUNSCREEN - Prior to commencing play, apply sunscreen (minimum SPF 30+) and reapply regularly throughout your round

HYDRATION - To avoid dehydration, we advise consuming at least one litre of fluids for every hour out on course



SIGNS & SYMPTOMS OF HEAT EXHAUSTION:

Dizziness - Headaches - Nausea - Fatigue - Weakness

Fainting - Difficulty Thinking Clearly

If you or anyone in your playing group experience any of these symptoms please **seek shade** and contact the Pro Shop/Club **immediately** if further assistance is required

PLEASE NOTE:

THE CLUB MAY SUSPEND PLAY IF TEMPERATURES REACH 38 DEGREES