Extreme Weather Playing Guidelines and Safety Practices

1.0 General Guidelines

a. The BGC has a duty of care to its players, members, volunteers and workers and seeks to take a reasonable approach to days of extreme heat.
b. The BGC is cognisant of advice given by Golf Australia and Sports Medicine Australia, and expressed by Golf Australia.
c. The BGC is concerned for the health and well-being of all of its members, players, volunteers, and workers.
d. Cancellation of the competition of the day is advice from the BGC that it considers that it is too hot for play.
e. Players who play on days of extreme heat do so at their own risk. Players are advised to take appropriate actions to prevent heat stress.
f. The BGC reminds all players about the appropriate measures to be taken to avoid heat stress, heat stroke, heat cramps and heat exhaustion.

2.0 Course Monitoring

During all BGC events played over the summer period, permanent on-course water facilities are available.

3.0 Clothing

Within the dress requirement guidelines of the BGC it is recommended that all players and officials wear light coloured, loose fitting clothes of natural fibres or composite fabrics with high wicking (absorption) properties that provide for adequate ventilation.

4.0 Hats

It is recommended all players, members, volunteers and workers wear hats to assist in the prevention of heat illness. Ideally, hats should be wide brimmed and well vented.

5.0 Resting in Shaded Areas

Wherever possible, during a round of golf in hot weather conditions, all players should rest in naturally shaded areas when not actively playing strokes. In addition, players are encouraged to utilise other artificial means of shade such as umbrellas and on- course structures during a round of golf in hot conditions.

6.0 Ultraviolet (UV) Radiation/Sun Protection

The following sun protection measures should be implemented any time UV index is 3 and above. It is recommended that players and officials are aware of UV levels and sun protection times. UV levels can be monitored by accessing the Bureau of Meteorology website (www.bom.gov.au/qld/uv/brisbane/shtml), in the bom MetEye Text Views or by downloading the SunSmart app on any smart phone.

7.0 UV INDEX - Bureau of Meteorology

11+	Extreme	
8,9, 10	Very High	
6.7	High	
3,4, 5	Moderate	
1,2	Low	Sun Protection is generally not needed unless outside for extended periods

8.0 Note the 5 ways to protect yourself:

a. Slip on sun protective clothing;
b. Slop on SPF30+ sunscreen, reapply every 2 hours;
c. Slap on a broad brimmed hat;
d. Seek shade; and
e. Slide on wrap-around sunglasses

9.0 Shade

Wherever possible, during a round of golf, all players should rest in naturally shaded areas when not actively playing strokes.

In addition, players are encouraged to utilise other artificial means of shade such as umbrellas and on-course structures during a round of golf anytime UV index is 3 and above.

10.0 Clothing

It is recommended that players wear clothing that protects as much skin as possible any time UV index is 3 and above. Shirts with collars and longer sleeves, as well as pants or longer style shorts will provide good protection. Wearing gloves is recommended to further reduce the amount of skin exposed as per dress requirements and guidelines of the BGC.

11.0 Hats

It is recommended all players wear hats that provide protection to the face, neck and ears such as broad-brimmed hats, bucket hats or legionnaire style hats and as per dress requirements and guidelines of the BGC.

12.0 Sunscreen

Broad spectrum sunscreen with a minimum SPF (Sun Protection Factor) rating of 30 should be used by all players, caddies and officials. In addition, it is recommended that all players carry sunscreen with them during a round for periodic re-application a minimum of every two hours. It should be noted that sunscreen does not offer complete protection against UV radiation and should always be used in conjunction with other protective measures including clothing, hats, sunglasses and seeking shade.

13.0 Sunglasses

To prevent UV damage to the eyes, players, caddies and officials should wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

14.0 Prior Medical Conditions/Fitness Levels

Any player with a pre-existing medical condition, illness or is overweight that may exacerbate the risk of heat illness 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.

Any player that is experiencing a high temperature, viral infection, and diarrhoea or vomiting should be excluded from participating due to the increased risk of heat illness.

The BGC assumes no responsibility for any medical situation in relation to a competitor who experiences the applicable above conditions. It is recommended that competitors with a pre-existing medical condition and/or illness consult a medical practitioner for advice prior to playing golf in hot conditions.

15.0 Lightning Facts

a. All thunderstorms produce lightning and are dangerous;
b. Lightning often strikes outside the area of heavy rain and any time thunder is heard; the thunderstorm is close enough to pose an immediate lightning threat to your location on the golf course.
c. When thunderstorms are in the area but not overhead, the lightning threat can still exist even if it is sunny overhead, not raining, or when clear sky is visible.
d. Many lightning casualties occur before the thunderstorm rains have moved into the area. This is often due to people not seeking shelter soon enough.
e. Large numbers of casualties occur after the rain dissipates. This can be due to people being in too much of a hurry to go back outside and resume activities.

16.0 Siren Notification Procedures - Suspension of Play

Suspension of play will be signalled the prolonged note of the siren. If in the process of playing a hole, play must be discontinued immediately and not resume until the General Manager, Match Committee and/or Director of Golf order a resumption of play. If a player fails to discontinue play immediately, they are disqualified. Players should return to the clubhouse until further notice and await advice on resumption. One (1) prolonged note of the siren, players should cease play immediately and return to the Clubhouse.

17.0 Suspension of Play / Cancellation Guidelines

The BGC provides the following guidelines for the modification, rescheduling or cancellation of play:

a. Heat stress increases with increases in air temperature but be aware that there are not clear demarcations in risk between temperature ranges.
b. Relative humidity levels can increase stress markedly. In cases of high humidity together with high ambient temperatures the Wet Bulb Globe Temperature index should be used.
c.The Bureau of Meteorology website http://www.bom.gov.au/qld/observations/brisbane.shtml will be used as the specific reference for ambient temperature or WBGT.
d. The BGC suspension/cancellation of an event will be authorised by the following:

i. The Match Committee;
ii. General manager; and/or
iii. Director of golf.

18.0 Acclimatisation

For most people acclimatisation will occur naturally as the daily temperature increases from winter to spring to summer. For competitors coming from colder environments (interstate or overseas) it can take 3-5 days before physiological adaptations occur. Full acclimatisation may take 10-14 days or even longer. Strategies to cope with heat should be made available to competitors coming from colder environments to compete in the heat, preferably in advance of the tournament.

19.0 Age and Gender of Participant During Exercise in the Heat

a. Some participants may suffer more during exercise in the heat because of their greater percentage of body fat.
b. Some participants may also cope less well with exercise in the heat. Reduced cardiac function is thought to be responsible for this effect.
c. Young children are especially at risk in the heat. Prior to puberty, the sweating mechanism, essential for effective cooling, is poorly developed. The ratio between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions.
d. Although children can acclimatise to exercise in the heat, they take longer to do so than adults. NB: Children tend to have a more "common sense" approach to heat illness than adults. They "listen to their bodies" more and will usually slow down or stop playing if they feel distressed in the heat. On no account should children be forced to continue sport or exercise if they appear distressed or complain about feeling unwell.

20.0 First Aid - Person Struck by Lightning

Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention. Cardiac arrest is the immediate cause of death in lightning fatalities.
Some deaths can be prevented if the victim receives the proper first aid:

a. Call triple zero 000 and ask for an Ambulance at immediately;
b. Check the victim's pulse and breathing. Begin CPR if necessary;
c. If possible, move the victim to a safer place. Be aware that the thunderstorm may still be dangerous. Don't let the first aiders become victims.

21.0 Hydration - Players, Workers and Volunteers

A key factor to minimise the risk of heat related illness is appropriate hydration by all players, workers and volunteers.
High levels of dehydration may increase the risk of heat related illness. Thirst alone should not be relied upon as an indicator of fluid needs. Fluid requirements for optimal hydration differ between individuals, therefore it is essential that players monitor specific fluid losses during training and competition. It is recommended that all players, workers and volunteers adhere to the following hydration guidelines: -

Each person should drink 10 to 15 ml per kg body weight of either cooled water or sports drink within 2 hours before playing or practicing to promote adequate hydration and to allow time for excretion of excess water. This should include a large drink of 300 – 500mls consumed within 15 minutes of playing or practicing. Note: It should be noted that fluids are best served at 15 – 20 degrees Celsius and not ice cold;

a. During a round of golf, each person should drink cooled fluid at regular intervals to replace fluid lost through sweating. It is recommended that each person consume at least 150 –

250ml every 15 minutes during the round. Fluids taken should be cooler that ambient (air) temperature. Note: This amount may vary according to an individual's body size & rate of sweating, in addition to environmental conditions;

b. Aside from on-course water supplies, each individual should take a water bottle containing a minimum of 1000ml of cooled fluids onto the course;
c. Following completion of the round, each person should drink cooled water/ sports drinks to fully re-hydrate themselves;
d. Fluid loss during a round can be assessed by an individual weighing themselves before and after a round of golf. For each kilogram lost during the round, the individual will have approximately one litre of fluid deficit. While fluid losses will be minimised by drinking before, regularly during and then after exercise, sweating and fluid losses will continue after exercise. Accordingly, following a round of golf, each person should aim to replace at least 1.5 times the amount of fluid deficit;
e. It should be noted that in conditions of high sweat loss, the consumption of excessively large quantities of fluid, in particular water or other beverages without additional sodium, may increase the risk of low blood sodium, or hyponatraemia. Hyponatraemia is a potentially dangerous condition, so aim to drink enough fluids to replace losses, but not in great excesses of this amount;
f. If you are unsure as to your fluid requirements during a round, consult a specialist to help you.

22.0 Extreme Weather Safety Precaution Signage

Extreme weather safety precautions information and signage (i.e. signage to be erected during the time of extreme weather at various locations on the golf course) will be communicated to all persons including players and workers, in the event of extreme weather that is likely to impact, or will impact the golf club.

23.0 Ambient Temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days.

Ambient temperature	Relative humidity	Risk of thermal injury	Possible modifying action for vigorous sustained activity
15 – 20°		Low	Heat illness can occur in distance running. Caution over- motivation
21 - 25°	> 60%	Low – mod	Increase vigilance. Caution over-motivation
26 - 30°	> 50%	Moderate	Moderate early pre-season intensity. Reduce intensity and duration of training/play. Take more breaks.
31 – 35°	> 30%	High – very high	Limit intensity; Limit duration of activity to less than 60 mins per session.
36° & above	> 25%	Extreme	Consider postponement to a cooler part of the day or cancellation.

24.0 Wet Bulb Globe Temperature (WGBT)
Guidance through the Wet Bulb Globe Temperature (WBGT) index. The WBGT is useful when the humidity is high.

WGBT	RISK OF THERMAL INJURY	RECOMMENDED MANAGEMENT FOR SPORTS ACTIVITIES
< 20	Low	Heat illness can occur in distance running. Caution over-motion.
21-25	Moderate to High	Moderate early pre-season training. Reduce intensity and duration of play/training. Take more breaks.
26-29	High – Very High	Limit intensity take more breaks. Limit duration to less than 60 minutes per session.
30 & Above	Extreme	Postpone to cooler conditions (or cooler part of the day) or cancellation

25.0 Beaufort Wind Scale
The Beaufort Scale gives us a way of describing measured mean wind speeds

Force	Wind (Knots) (Km/h)	WMO Classification	Appearance of Wind Effects	
			On the Water	On Land
0	< than 1 < 1km/h	Calm	Sea surface smooth and mirror-like	Calm, smoke rises vertically
1	1-3 knots 1-5 km/h	Light Air	Scaly ripples, no foam crests	Smoke drift indicates wind direction, still wind vanes
2	4-6 knots 6-11 km/h	Light Breeze	Small wavelets, crests glassy, no breaking	Wind felt on face, leaves rustle, vanes begin to move
3	7-10 knots 12 - 19 km/h	Gentle Breeze	Large wavelets, crests begin to break, scattered whitecaps	Leaves and small twigs constantly moving, light flags extended
4	11-16 knots 20 - 28 km/h	Moderate Breeze	Small waves 1-4 ft. becoming longer, numerous whitecaps	Dust, leaves, and loose paper lifted; small tree branches move
5	17-21 knots 29 - 38 km/h	Fresh Breeze	Moderate waves 4-8 ft taking longer form, many whitecaps, some spray	Small trees in leaf begin to sway
6	22-27 knots 38 - 49 km/h	Strong Breeze	Larger waves 8-13 ft, whitecaps common, more spray	Larger tree branches moving, whistling in wires
7	28-33 knots 50 - 61 km/h	Near Gale	Sea heaps up, waves 13-19 ft, white foam streaks off breakers	Whole trees moving, resistance felt walking against wind

8	34-40 knots 62 - 74km/h	Gale	Moderately high (18-25 ft) waves of greater length, edges of crests begin to break into spindrift, foam blown in streaks	Twigs breaking off trees, generally impedes progress
9	41-47 knots 75-88 km/h	Strong Gale	High waves (23-32 ft), sea begins to roll, dense streaks of foam, spray may reduce visibility	Slight structural damage occurs, slate blows off roofs
10	48-55 knots 89 - 102 km/h	Storm	Very high waves (29-41 ft) with overhanging crests, sea white with densely blown foam, heavy rolling, lowered visibility	Seldom experienced on land, trees broken or uprooted, "considerable structural damage"
11	56-63 knots 103 - 117 km/h	Violent Storm	Exceptionally high (37-52 ft) waves, foam patches cover sea, visibility more reduced	Broken branches big enough to cause structural damage
12	64+ knots 118 + km/h	Hurricane Force	Air filled with foam, waves over 45 ft, sea completely white with driving spray, visibility greatly reduced	Mature Trees uprooted