



Extreme Weather Warning and Guidelines

The decision of an individual to play golf in extreme heat (38 degrees and above) is solely the individual's decision and Corowa Golf Club accepts no responsibility for that the decision or any impact it may have on the individual's health. Should a golfer elect to withdraw from the daily competition or a tournament due to extreme heat, no penalty will apply and a refund can be requested.

The following guidelines have been adapted from the Golf Australia guidelines and the Sports Medicine guidelines.

Factors which impact on the body's ability to dissipate heat:

- High Ambient Temperature
- Solar Radiation
- Humidity
- Dehydration

The following are recommendations only but may assist:

- Avoid dehydration by drinking plenty of water
- Wear light weight, light coloured and loose fitting clothing made from natural fibres
- Wear protective headwear
- Apply sunscreen with an SPF rating of 50+ and reapply every two hours

The Corowa Golf Club provides complimentary:

- Drinking water fountains on holes 1,6,10,15,19,24
- Sunscreen is available on 1st, 10th and 19th Tees.

Board of Directors
Corowa Golf Club