

## HEAT POLICY

In light of the extreme heat that can occur during summer months the WGC committee has decided to implement a Heat Policy for future use on days of extreme Heat. If the forecast temperature is 38 degrees or above at 3.00pm on the Elders weather site (Warracknabeal) the day before the scheduled event the following shall occur:-

- \*All scheduled competitions times will be cancelled and rescheduled to be played between 7.00am and 9.00am off two (2) tees.
- \*The last hit off time allowed for play will be 9.00am
- \*The Committee reserves the right to cancel any competition where heat or conditions may cause harm to competitors

### COPING WITH HEAT

Wear loose fitting light weight clothing

Wear a hat and apply 30+ sunscreen

Take 20ml of fluid per kilo of body weight of water or sports drink 1 hour before playing

Drink at least 150-250ml of fluid every 15 mins on the course

On completion of your round drink water or sports drink to re-hydrate

Avoid caffeine as this will increase dehydration

If you're feeling unwell or dizzy stop playing and inform your playing partners