



Adverse Weather

Thunder and Lighting

Under Rule 5.7a, if the club declares an immediate suspension of play, all players must stop play at once. The intent of this suspension is to enable the course to be cleared as quickly as possible when a potentially dangerous situation, such as lightning, exists.

Extreme hot weather guidelines

The risks involved with heat illness from vigorous exercise are significant. While the lower activity levels of golf compared to other sports mean that the risks are somewhat reduced.

Preventing heat exhaustion and heatstroke

There is a high risk of heat exhaustion or heatstroke during hot weather or exercise. To help prevent heat exhaustion or heatstroke:

- drink plenty of cold drinks, especially when exercising
- wear light-coloured, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11am and 3pm
- avoid excess alcohol

This will also prevent dehydration and help your body keep itself cool.

Keep an eye on the elderly and people with long-term health conditions (like diabetes or heart problems) because they're more at risk of heat exhaustion or heat stroke

Hydration

During exercise it is recommended that participants should drink fluid at regular intervals to replace water lost.

However, this may vary dependent on the rate of sweating. Fluid taken should be cooler than the ambient temperature but not frozen.

Points to consider:

- Will your players and officials be able to consume enough water during the event?
- Even a small degree of dehydration will cause a decrease in performance.
- Take care not to over-hydrate. Drinking too much fluid can lead to a dangerous condition known as hyponatraemia (low blood sodium).
- Aim to drink enough to replace lost fluids, but not more than that.

Factors which impair the body's ability to dissipate heat are:

- High ambient temperature
- Solar radiation

- Humidity (which compromises the efficacy of sweating)
- Dehydration

The individual response to heat varies from person to person, depending on their age and physical makeup, so therefore no hard and fast guidelines will suit every member of a population.

TEMPERATURE	RISK OF HEAT ILLNESS	RECOMMENDED MANAGEMENT
15-25	Low	Increase vigilance
26-30	Moderate	Increase vigilance about the onset of heat illness
31-35	Very High	Limit duration of activity (reduce games played)
36 and above	Extreme	Predicted weather forecast – Organiser to cancel with 48hrs notice

Symptoms of heat illness

The signs of heat exhaustion include:

- headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- temperature of 38C or above
- being very thirsty

If someone is showing signs of heat exhaustion, they need to be cooled down.

Things you can do to cool someone down

Follow these 4 steps:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.

Stay with them until they are better.

They should start to cool down and feel better within 30 minutes.

Call 999 if the person:

- is no better after 30 minutes
- feels hot and dry
- is not sweating even though they are too hot
- has a temperature that's risen to 40C or above
- has rapid or shortness of breath
- is confused
- has a fit (seizure)
- loses consciousness
- is unresponsive

These can be signs of heatstroke.

While you wait for help, keep giving first aid and put them in the recovery position if they lose consciousness.

Reference: [Heat exhaustion and heatstroke NHS](#)