

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## GOLF

Golf is a precision sport in which individual players or teams strike a ball with a club into a hole with as few strikes as possible.

Risk Factor Rating

2

### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a coach certified by the Royal Canadian Golf Association, or an experienced golfer capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in golf

Instruction is received on the rules, proper golf etiquette, and safety (including procedures for bad weather) prior to participation

Procedures are established for hitting and retrieving balls in group practice sessions (e.g., practicing chipping)

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

### Supervision

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction followed by **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

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### Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session  
Adequate space is available for each individual (more than enough for full backswing and full follow through)  
Hitting and waiting areas are clearly marked  
Mats and whiffle balls are used for indoor practice (e.g., school gym)

### Equipment

Equipment to be used is suitable and in good condition  
Equipment (e.g., grips) are occasionally checked by a qualified person  
Club length is the correct size for the participant  
Appropriate golf balls are used for practice situations (e.g., use whiffle balls in a school gym)  
Instructions are given regarding the proper maintenance of golf equipment  
First aid kit and phone are available

### Clothing/Footwear

Appropriate footwear is worn  
Laces are tied and open-toed shoes are avoided  
Jewelry is removed or secured when safety is a concern  
Appropriate clothing is worn, permitting unrestricted movement  
Clothing/footwear meets requirements of club or competition  
Suitable protection is used against sun, heat, cold, rain, and insects

### Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program  
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program  
Registration in an accident insurance plan is encouraged  
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional  
The activity is suitable to the student's age, ability, mental condition, and physical condition  
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate  
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher