

# HOT, HOT, HOT, HOT – HOT!

It's that time of year again and if you're like me then you're happy the cold is gone for a while and the heat is here, but with the joy of summer weather upon us we have to be reminded of steps necessary to protect ourselves against the power and intensity of the sun. The intensity of the sun and the heat can do many things to you while you are out there playing a round of golf. Most importantly it can cause heat exhaustion and heat stroke. The heat can make you feel uncomfortable for sure. It can make your temper rise becoming more frustrated and it can make you lose your composure. Then you may do or say things you may regret by reacting differently than you normally would. It happens. It's happened to me and most likely it has happened to you. There are some links attached which gives an explanation of signs of heatstroke and heat exhaustions and some steps to take prior to getting out on the course.

**Players, caddies and parents/grandparents**, first and foremost, you are responsible for maintaining your readiness and the readiness of your junior players. You should always be hydrated prior to coming to the course. On a daily basis and hours prior to play you should drink plenty of water so your body is hydrated and your body temperature stays regulated. Most importantly keep replenishing your body fluids. Remember, soda, coffee and alcohol do not help hydration they hinder it.

To assist you with hydration the NFJG TOUR provides water at every tournament. We've even provided Gatorade and PowerAde, but clubs frown on us doing that, as it takes away from their business. In the winter time 270-540 bottles of water are purchased for each of the events. Only some will be consumed. In the summer time we double that amount and a lot will be consumed. We provide water at registration, on the #1 and #10 tee box and on the course as several of our staff drive around the course with coolers on the back of the cart. The staff are acting as "Rules Officials", but will assist you when asked.

Players, prior to and during play you should:

- Consume a moderate meal.
- Put a few bottles of water in your golf bag for last resort use.
- Fill your cart thermoses.
- Prepare a small cooler with drink and food.
- Drink water at every water station on the course. Ask the pro-shop staff where these coolers are located. Sometimes these coolers could be used up. This is why you have water in the bag.
- Snack every 3-5 holes to keep your energy level high.
- Put on sunscreen – once on each nine holes played.
- Wear a hat to keep the sun off of your face and head.
- Seek shade whenever possible.
- Protect yourself with an umbrella reflecting the sun.
- Wear sweat absorbing and UV protection clothing.
- Keep a wet towel handy or purchase a "COOL Towel" cool down head and neck and believe it or not behind the knees. Heard that from a local doctor.

I'm sure you can add a few items to the list.

The NFJG TOUR Staff is there to assist you. Feel free to call on them at any time. The rule sheet has my telephone number, call it or if you like ask your favorite “Rules Official” for their telephone number to keep just in case. Kevin Glynn is the Head Rules Official.

I hope this is a good reminder and it helps you play and navigate the course better. Have a great time out there on the course.

See you on the links!

Jack Aschenbach, PGA