



**COBRAM
BAROOGA**
GOLF CLUB



HEAT POLICY

Due to extreme heat experienced in Cobram Barooga your Golf Club Committee has decided to implement a Heat Policy for future use on days of extreme heat.

Heat Policy

If the Forecast temperature is 40° or above at 3 pm on www.eldersweather.com.au/vic/northern-country/cobram the day before the scheduled event the following will occur.

All scheduled competition's will be cancelled and be rescheduled to be played between 7.00am and 8.30am off 2 tees.

The last hit off time allowed for play in the competition is 8.30 am.

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 150-250 ml 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 staff as we are able to help







