



Club Tocumwal / Tocumwal Golf & Bowls Club – Extreme Heat Policy

1. Purpose

The purpose of this policy is to provide guidance to members, visitors and competitors regarding play during days with extreme heat (forecast maximum temperature **38 °C or above**). It aims to support player well-being while clarifying responsibilities and expectations.

2. Scope

This policy applies to all social golf and bowls play, and all competition rounds held at Club Tocumwal when the forecast temperature is **38 °C or higher**.

3. Player Responsibility and Decision to Play

- On days when the forecast maximum temperature is **38 °C or above**, **play shall not be cancelled solely due to heat**; players make their **own decision whether to play**.
- Play shall **not be automatically cancelled** due to extreme heat alone; scheduled rounds and competitions will proceed unless an association, pennant committee or a fixture governed by an outside body deems it cancelled or postponed.
- Players participate **at their own risk** and acknowledge the inherent health risks associated with extreme heat. The club and its volunteers assume **no liability** for heat-related illness or injury.
- The club **strongly advises** that individuals seriously consider their personal health, fitness level, age and medical conditions before choosing to play.

4. Heat Preparation and Safety Recommendations

To minimise the risk of heat-related illness, all players are strongly advised to:

a. Hydration

- Hydrate well before arriving at the club and continue to drink fluids frequently before, during and after play.
- Carry sufficient water or sports drinks with you on the course.
- Be aware that thirst alone may not indicate hydration needs.

b. Clothing and Sun Protection

- Wear **lightweight, loose-fitting and light-coloured clothing**.
- Wear a **wide-brimmed hat** or similar sun protection.
- Apply **high-factor sunscreen (SPF 50+)** and reapply during longer play as required.

c. Scheduling Advice

- When possible, players are encouraged to **start earlier in the day or later in the afternoon** to avoid the hottest periods near midday.
- Consider choosing earlier tee times or delayed starts to reduce heat exposure.

d. Health Awareness

- Recognise signs of heat stress and heat-related illness (such as dizziness, nausea, confusion, excessive sweating or heat exhaustion) and **cease play immediately** if these occur.
- Seek shade or shelter and cool down if feeling unwell.
- If a player collapses or shows signs of heat stroke, treat as a **medical emergency and call emergency services** immediately.

5. On-Course Support

- Where available, the club encourages the provision of **additional water stations** (e.g. near tee boxes or halfway points) on extreme heat days.
- Players should feel empowered to **seek assistance** from course staff or other players if they experience heat-related issues.

6. Notification

- The club may post heat warnings on the club website, notice boards and via club communication channels when forecast temperatures reach **38 °C or above**.
- These notifications are **advisory only** and do not constitute cancellation of play.

7. Review and Amendment

This policy should be reviewed annually or as necessary to reflect advancements in heat risk management and current guidelines.



Paul Gemmill, Chief Executive Officer