



# Hot Weather Golf Advice



## HYDRATION

Drinks are available from the Shop, Bar and Halfway Hut

Water fountain behind the 10<sup>th</sup> green / near the 11<sup>th</sup> tee

## SUN PROTECTION

Reapply regularly throughout your round

SPF 50 recommended

## COOLING TECHNIQUES

Wear appropriate clothing and headwear

Seek shade where possible

## SMART NUTRITION

Small frequent snacks (fruit and nuts)

