



Tynemouth Golf Club Ltd

Spital Dene
Tynemouth, North Shields
Tyne & Wear
NE30 2ER

Email: secretary@tynemouthgolfclub.com

Website: www.tynemouthgolfclub.com

Welcome Booklet

For new golf club members & players

This booklet aims to support new golfers coming into Tynemouth Golf Club membership to get the most out of being a member.



This is a document, which aims to educate new members and players on the fundamentals of golf and the golf club environment. This information will help new golfers to get the most out of the game and enjoy the experience of being a golf club member.

Your Golf Club: **Tynemouth Golf Club**

Manager: **Paul Whittaker**

Admin: **David Stenhouse**

Finance: **Jean Cassatt / Alex Robinson**

Tel No: **0191 2574578**

Email: secretary@tynemouthgolfclub.com

Web address: <http://www.tynemouthgolfclub.com>

Name of Professional: **John McKenna**

Tel No: **0191 2580728**

Email: Johnmckennagolf@googlemail.com

The General Committee 2017 – (elected at Nov 2016 AGM)

David Bainbridge - Chair

Allan Henderson - Business Development Chair

Stephen Laws, Phil McGuire, Noel Dilks.

David Steven - Greens Chair

Brian Udberg, Daz Ridley.

Shaun Routledge - Services Chair

Michael Cox.

Alex Robinson – Finance/Treasurer

Stewart Fell - co-opted

David Rowntree - Captain

Kim Rowntree - Ladies Captain - co-opted

Paul Whittaker - Manager



General Information

Clubhouse Opening Hours:

Winter Bar Hours 11.00 to 18.00 Summer Bar Hours 11.00 to 22.00

Catering Facilities Hours: subject to course closure & demand.

Winter Bar Hours 09.30 to 16.00 Summer Bar Hours 09.30 to 17.00

Greens Staff – Ian Kerr Head, Green Keeper

Responsible for the upkeep of the course, they normally work during the early part of the day to avoid the busy playing times.

Ranger/Marshal

Some clubs have a ranger or marshal to go out onto the course and help golfers if they have questions and/or need assistance.

They also monitor speed of play and conduct.

Currently the club does not have one.

Junior Organizer/s – PGA Pro John McKenna

Coordinator for the junior section who arranges coaching and competitive activities for juniors (members and non-members).

Benefits of Being a TGC Golf Club Member

Golf Club Membership Benefits

- Obtaining an official golf club handicap (CONGU)
- Allows play in Open competitions, club competitions, regional leagues and alliances. (NB. When playing other courses, you may be required to show proof of an official handicap)
- Access to a range of competitions and social golf on a regular basis.
- Health Benefits - Golf burns up to 900 calories per round.
- Social Benefits - Sense of belonging to a club and opportunity to make new friends.
- A wide and varied "Social Calendar".
- Access to coaching with a qualified PGA Professional.
- An activity the whole family can participate in and one which all can play till very late into their lives.
- The club will insure against any 3rd party liability.
- Use of the clubhouse for private functions FREE of charge
- Catering with Paul Scott of River Cafe on the Tyne
- Play Seahouses and Stocksfield Golf Club FREE as a reciprocal arrangement
- Play Easingwold Golf Club for £15 (reciprocal arrangement)
- Online/24 hour booking system via personal login to BRS
- "Members Guest" rates on green fees
- Morrisons voucher scheme.
- Access to other golf courses through matches, competitions and reciprocals.
- Reduced green fees with Partnership
- Sky TV
- Free parking



- An up to date, interactive and informative website.
- Regular, informative emails to the membership.
- Member of the "James Braid" courses deal
- 10% discount at "The River Café on the Tyne" on production of the clubs "Gold Loyalty Card"

Advantages of Full Membership

Golf Club Facilities

- A stunning 18 hole parkland golf course.
- Clubhouse – with changing rooms, Showers, Lockers, Bar/Restaurant.
- Three distinct seating areas within the clubhouse, Bar, Lounge and Dining area.
- Covered range for practice – 150 yard long, balls hired from Pro.
- Putting/chipping green – for use to warm up and practice on.
- Practice net next to first tee
- Bunkers and practice area
- Trolley/buggy shed – space for members to leave their trolleys.
- Pro shop - Trolleys and buggies are available to hire.

Morrisons Voucher Scheme

The Club has introduced a new Scheme by which you can purchase Morrisons Gift Vouchers and in return you will receive a 2½ % discount on your Annual Subscriptions, based on how many you buy. For example: you only need to spend say: £300/month on petrol & groceries ie £3,600 per annum to earn at least £90 off your annual subs renewal. The vouchers are available 7 days a week from the office and bar and have a face value of £10. They can be used at any Morrisons Store in the UK.

There is no charge for purchases by debit cards, cheque or cash, but please be aware that payments for the Morrisons Vouchers by CREDIT CARD will be subject to an uplift of 2% to cover the transaction charges levied by the card handling company. In addition, please note that payment by AMERICAN EXPRESS and other CHARGE CARDS cannot be accepted.

General Club Information

Financial year ends June 31st
AGM in November each year

Membership sections

Membership categories include:-

Male/Female Full

Ladies Transitional

Restricted (50 x 5 day)

Flexible Playing Scheme

Corporate

Country

Intermediate 21-29



Junior 10-20
Honorary
Honorary Life
Social

Notice boards

These are a good source of information for members and are normally split up into different categories. Some notices are there for information but others require your input, such as signing up for matches, entering competitions and updates for handicaps following competitions.

Handicaps

If an existing golf club member obtains a handicap certificate with his unique ID No, he/she can be immediately added to Tynemouth's Home player list. If you do not have a current handicap certificate but held a handicap at another club, they will release your unique ID to you.

If you do not have a handicap you will need to submit 3 cards to the secretary's office. Once you have a handicap at Tynemouth GC you can play in competitions.

Website: www.tynemouthgolfclub.com

Tynemouth Golf Club's website covers a range of information for both visitors and members.

There is a members section and online tee booking facilities. If you would like access to the members' section of our website, and the members' online booking system, let us have your email address so that it can be registered for this purpose.

Dress Codes & General Club Rules

A reasonable standard of dress must be maintained at all times eg "Smart Casual". This does not include the following:- Sports Shorts, tracksuits or football tops, sleeveless shirts.

An important part of Tynemouth Golf Club membership is that members are aware of club rules and abide by them, they are there to make the game more enjoyable and to help with the smooth running of the club so that everyone understands the do's and the don'ts.

Tee Times & Reservations

Tee reservations are done via the "BRS" online booking system which as a member of the club you will have access to.

Tee reservations are usually for competitions and visiting parties and members can usually play when they want outside of these times. Members need to be aware that visiting parties are an important income for the golf club and need to be made welcome as it may subsidise the yearly membership subscriptions.

Other Information

To determine if the course is closed or if there are any restrictions to play, this will be displayed on the home page of the website or on Option 1 on the telephone system.



If you are new to the club and are looking for a game, there is a list in the entrance lobby to the Men's locker room on which you can add your name. There is also a link on the members section of the website.

Please use the clubhouse after your game, to

- Meet other members.
- Receive 10% discount on purchases of refreshments using your Clubhouse Loyalty card.
- The clubhouse can be booked for Private Functions, apply to Lynn for further details.
- Sky Sports is available in the clubhouse
- Input your score on the computer terminal in the locker room.
-

The Professional, John McKenna, runs a shop on the premises which is located at the north end of the car park. Please use the Pro Shop to:

- a) Report in for your tee time.
- b) Arrange Coaching
- c) Purchase clothing, golfing equipment, accessories & refreshments.
- d) Enter club competitions

Visitors—you are encouraged to bring guests, up to 3 at any time, but there is no restriction as to the number of times they can come. Different rules apply to the Flexible Playing Scheme & Corporate members.

The Golf Course & Outdoor Facilities

Courses are often referred to as Links, Parkland, and Heathland or Woodland courses. Tynemouth Golf Club is a Parkland Course: -

Parkland Inland and often set in amongst mature trees. They may have ponds and other water hazards and the holes often meander through the trees.

Links

On the coast, normally few trees but lots of bunkers, well-draining and firmer under foot. Wind is normally a main factor when playing.

Heathland On sandier land inland, normal features are gorse bushes, bunkers, heather and fewer trees.

Woodland The holes tend to be lined with many trees and the other holes are therefore hidden from view.

Tees

Tees are the starting point of a golf hole, normally a flat piece of land, which is mown neatly and may be called the Tee Box. The teeing area is identified by two markers, these vary and are coloured to show which tees should be used by who:

**White**

Medal competitions for men, some clubs also allow them to be used during the summer months for casual golf.

Yellow

Everyday use for the men, some clubs use for competitions.

Red

Normally for ladies' everyday use and competitions.

Tee Furniture

Refers to signs on the tee, which show the hole number, the length of the hole in yards and the stroke index of the hole (the stroke index determines where a golfer with a handicap gets their shots on the course – see Handicapping section).

Fairways

Closely mown grass areas that go from in front of the teeing area and up to the green. Semi rough and then deeper rough normally surround the fairway. The rough is grass cut longer than the fairway and is intended to penalise players that miss the fairway.

The Green

The area that you are trying to get the ball onto, as this is where the hole is situated. They are well maintained areas of grass that are mown very low so that they are a smooth surface for putting on.

They vary in size and shape and have differing levels of slope. The hole location on a green is moved by the greens staff on a regular basis.

Hazards

Occur as golf courses are made up of many different features, trees, length of grass, bunkers, water and bushes. If you hit your ball straight, it is rare to encounter hazards but if you go off line they come into play. They break up the landscape but also make golfers manage their way around the course. Some brief descriptions of hazards you may encounter are shown on the opposite page:

Bunkers

A hazard consisting of a prepared area of ground, often a hollow, from which turf or soil has been removed and replaced with sand or the like.

Water Hazards

Any sea, lake, pond, river, ditch, surface drainage, ditch or other open water course (whether or not containing water) and anything of a similar nature on the course.

Lateral water hazard

A water hazard or part of a water hazard so situated that it is not possible, or is deemed by the committee to be impracticable, to drop a ball behind the water hazard in accordance with the rules.

Rough



Grass grown longer than that on the fairway.

Local Rules

Local rules are specific to your club and it is important that you make yourself aware of them as they may have an influence on the interpretation of the rules of golf. They are in place for local features such as young trees that may be staked and therefore you may get a free drop.

What do you need to Play Golf?

Dress Rules

Generally, any smart casual clothing is acceptable.

The following are considered inappropriate and are NOT allowed:

On the Course: Blue Denims/Jeans
Combat Style Trousers
Tracksuits
Football Shirts or Shorts
T Shirts or Shirts without collars (unless designed/made as golfing clothing)
Training Shoes (Juniors Excepted)

In the Clubhouse: Caps
Tracksuits
Combat Style Trousers
Football Shirts or Shorts
T Shirts or Shirts without collars (unless designed/made as golfing clothing)

What should be in your golf bag?

Here is a selection of equipment that you should have in your golf bag:

14 CLUBS - one should be a putter
TOWEL to clean clubs
UMBRELLA and WATERPROOFS
BALL MARKERS and PITCH MARK REPAIRERS
GOLF BALLS and TEES
HAT (summer or winter) GOLF GLOVE
MOBILE PHONE (switched off)
DRINKS and SNACKS
RULE BOOK
SCORECARD and PEN/PENCIL

Carrying a golf bag, using a trolley or a buggy

Every golfer will have a set of golf clubs, they may vary in number and type but a golfer should not have more than 14 clubs in their bag.

Golfers can either carry their bag, use a push/pull or electric trolley or they may be able to use a buggy. Carry bags are generally lighter and smaller in design. Trolley bags are



bigger as they do not need to be carried and have more pockets on them for waterproofs, drinks etc.

If buggies are available to use, please check specific conditions for usage.

Hours of Play For Members

ALL Hours of Play are Subject to Competition/Tee Reservations.

Priority To Members Playing in Competitions MUST be given at all times on the course.

Ladies (Transitional)

Weekday	Unrestricted.
Saturdays 12.00).	No play before 16.00 (1st Nov to 31st March not before 12.00).
Sundays	Unrestricted
Bank Holidays	Not before 9.30.

Juniors (without Handicaps)

Weekdays	Not before 0930. Wednesday competition days must be accompanied by a member with a club handicap.
Saturdays	Not before 1200 or before 1600 on competition days, and must be accompanied by a member with a club handicap.
Sundays / Bank Holidays	Not before 1200 and must be accompanied by a member with a club handicap.

Juniors (U18 with Handicaps)

Weekday	No normal restrictions
Saturdays	Not before 1400 (1200 Nov 1st to Mar 31st) unless playing in a competition with a member (18+)
Sundays / Bank Holidays	Not before 1200, unless playing with a member (18+).

The above rules regarding Club Juniors also apply to visiting Juniors.

Flexible Playing Scheme	Not before 12.00 noon on Saturdays
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Hours of Play for Visitors

Weekdays	Not before 0930. Wednesday competition days must be accompanied by a club member (18+)
Saturdays	Not before 1200 - or before 1600 on competition days, and must be accompanied by a member (18+) at all times.
Sundays / Bank Holidays	Not before 1200.

Visiting parties



At the discretion of the secretary/committee

Clubhouse Rules

At the discretion of the Committee, shall apply as follows:

- Children and juniors under the age of 18 are not allowed in the Bar unless
 - they are accompanied by an adult member or
 - it is to watch a specific sporting event or
 - they are male children and juniors who shall be allowed access to/from the toilet area.
- Access to the lounge without the requirement of being accompanied by an adult is permitted for juniors.
- No member (other than a member of the committee) or visitor is allowed access to staff premises or kitchen or behind the bar area.
- Dogs are not allowed on the course or in the clubhouse except for Guide Dogs or Dogs for the Disabled.

The Scorecard Explained

Here is an example of a scorecard.

PETITION		H' CAP		STROKES REC'D		TEES		PAR	G.S.S.	PLEASE
PLAYER A						WHITE	70	70		
PLAYER B						YELLOW	70	69		
TIME:		No.				LADIES	73	73		
HOLE	WHITE YARDS	YELLOW YARDS	PAR	STROKE INDEX	GROSS SCORE A	NETT SCORE B	PAULIE'S W + 1, L - 1, H + 2	PAR	STROKE INDEX	LADIES YARDS
1 Letsafe	389	384	4	6				5	11	377
2 Hodgson Toyota	359	333	4	14				4	7	315
3 Kidd & Spoor	182	178	3	12				3	15	157
4 The Wine Chambers	390	370	4	4				4	3	369
5 Collingwood Insurance (UK)	415	385	4	2				5	13	406
6 Carlsberg	374	335	4	8				4	9	313
7 Harlow Printing	156	135	3	18				3	17	108
8 Potts Print (UK)	514	504	5	16				5	1	473
9 UBS	370	363	4	10				4	5	329
OUT	3149	2987	35					37		2847
<i>Please avoid slow play at all times !</i>										
10 The Wine Chambers	362	353	4	5				4	8	302
11 Kidd & Spoor	189	178	3	11				3	16	157
12 Potts Print (UK)	565	547	5	3				5	2	501
13 Sigma	385	378	4	9				4	6	358
14 UBS	404	389	4	1				5	12	363
15 Hodgson Mazda	368	358	4	13				4	4	324
16 Harlow Printing	360	326	4	7				4	14	273
17 AIS Training	172	160	3	17				3	18	115
18 Collingwood Insurance (UK)	376	349	4	15				4	10	341
IN	3181	3038	35					36		2734
OUT	3149	2987	35					37		2847
TOTAL	6330	6025	70					73		5581

Putting Green: AIS Training Handicap PAR RESULT OR STABLEFORD POINTS
 Practice Bay: Carlsberg Nett Score

TYNEMOUTH GOLF CLUB ©
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Player's Signature _____ Player's Signature _____

How to find Tynemouth Golf Club
 Located 8 miles East of Newcastle, just outside the historic village of Tynemouth
 Spital Dene, Tynemouth NE30 2ER
 Tel: 0191 257 4578
 www.tynemouthgolfclub.com



Remember once you have filled your card in with your name, date, competition, handicap, shots received and course/tees played then exchange your card with one of your playing partners.

Each hole has a number, or score listed for it, which is called Par. Depending on the length of a hole, it may be rated as Par 3, Par 4 or Par 5 and you can use the Par standard to help measure your own skill on different holes.

(Score card visual and notations not included in this document)

Handicapping

The purpose of a Council of National Golf Union (CONGU) Unified Handicapping System is to enable all golfers to be able to compete on a fair and equitable level, regardless of skill, males and females alike. Affiliated golf club members can obtain an official CONGU handicap, which allows entry into club competitions and access onto other courses. More information on CONGU can be found at www.congu.com

What is a handicap and why do I need one?

A golfer's handicap is a number assigned to him/her, which defines their skill/ability level. A handicap gives all standards of golfers an opportunity to play together or compete against one another on an equal level. In a stroke play event, a golfer's handicap is deducted from his/her "gross" score (total shots taken) to provide a "nett" figure (total shots taken minus handicap). In a match play event, a player's handicap determines how many shots they will either give to, or receive from, an opponent.

Golfers are divided into the following categories:

- Category 1 – handicaps of 5 or less
- Category 2 – handicaps of 6 to 12
- Category 3 – handicaps of 13 to 20
- Category 4 – handicaps of 21 to 28
- Category 5 – handicaps of 29 to 36 (ladies only)

Clubs may also operate a Junior Handicapping Scheme. They may issue handicaps from 29 to 54 for boys and girls. As and when juniors improve, they feed into the male and female handicap categories as above.

Further details can be found at www.congu.com.

How to obtain your first handicap:

An affiliated club member can be allotted an official CONGU handicap. Although clubs have different rules, in general a player must submit a minimum of 3 cards over 18 holes, which are signed by someone the club deems responsible. A handicap will then be allotted based on the best of these 3 cards.

How do I improve my handicap?

A player should complete a handicap qualifying round (the handicap committee will stipulate whether a round can be classed as "qualifying") and return a nett score (gross score minus handicap) that is less than the competition scratch score (CSS). The CSS is a figure that is calculated after each handicap qualifying round.



If the player beats the CSS by a stroke or more their handicap will be cut. For each shot, which finishes below the CSS, a player's handicap will come down as follows:

- Category 1- 0.1
- Category 2 - 0.2
- Category 3 - 0.3
- Category 4 - 0.4
- Category 5 - 0.5

If the nett score falls within the "buffer zone" (one shot above the CSS for Category 1, two for Category 2 etc) or matches the CSS a handicap will not change. If a player returns a higher nett score than this their handicap will increase by 0.1. No matter how high a score is, a handicap will only go up by 0.1. If a card is not returned (No Return or NR) the handicap will also go up by 0.1.

Golfing Definitions

Addressing the Ball: Taking your stance and grounding the club, except that in a water hazard a player simply addresses the ball by taking a stance.

Air shot: Striking at the ball intentionally and missing it. It is counted as one shot.

Casual Water: A temporary accumulation of water on the course where you may take a free drop.

Divot: Turf that is removed from the ground when a player's swing hits the grass.

Dog-leg: A hole that does not follow a straight line from the tee to the green.

Draw: A shot that curves in slightly from right to left.

Fade: A ball that curves in slightly from left to right.

Fore: A warning shouted to alert other players that a ball in flight is heading in their direction.

Gross Score: The actual number of strokes a player has taken before his/her handicap is deducted.

Grounding the Club: Touching the surface or ground with the sole of the club at address.

Ground Under Repair (GUR): A damaged area of the course in which you may take a free drop.

Honour: The right to play from the teeing ground; determined by the lowest score on the previous hole or on the first tee by the flip of a coin.



Hook: A ball that starts right of your target and curves left.

Loft of the Club: The amount or degree of loft that is built into the clubface.

Loose Impediment: Natural objects that are not fixed or growing, such as twigs, loose rocks, pine cones, leaves.

Lost Ball: Any ball that cannot be found within 5 minutes of starting to look for it and wasn't seen to go into a water hazard of any type.

Nett Score: A player's score having subtracted the handicap from the gross or actual score.

Obstruction: Anything artificial or man-made whether erected or left on the course, as well as artificially constructed roadways or paths.

Out of Bounds: Any areas outside the boundaries of the course in which play is prohibited, as defined by white stakes.

Penalty Stroke: A stroke added to the score for an infraction of the rules.

Pitch Mark: An identification made by a ball landing on a green.

Provisional Ball: Another ball that is played when you think your ball might have gone out of bounds or is lost.

Stance: The position of the feet when addressing the ball.

Stroke: The name given to each attempt to strike the ball.

Take a Drop: The name given to the act of picking up the ball and dropping it in another spot in accordance with the rules.

Through the Green: All of the area of the course with the exception of the teeing ground, the green and any hazard.

Topped: A rolling or low bounding shot that is caused by striking the ball above the centre line.

Wrong Ball: Any ball other than the ball in play, a provisional ball or in stroke play a second ball.

For more golfing definitions visit www.getintogolf.org

Competitions/Matches

Tynemouth Golf Club runs many club competitions throughout the week and at weekends. They vary in format and the club endeavours to cater for golfers of all abilities. Some will be run at the club, others may involve playing at other clubs, through



alliances and local leagues – speak to your Club Secretary/Manager for further information.

- **Medal Competitions – Scratch**

This is where only gross scores count, handicaps are not taken into consideration. This format is normally used for category 1 golfers. The Club Championship for the Men, Ladies and Juniors would usually use this format.

- **Medal Competitions – Handicap**

This is the format most commonly used by golf clubs for their monthly medals and other medal competitions. A player subtracts their handicap away from the total shots taken to give their nett score. The players will be split into categories based on their handicap, there are normally four divisions (see page 17 for more info).

- **Stableford Competitions**

This is a popular format for competitions, as one or two bad holes do not stop you competing as per the medal format. Rather than the number of shots for the hole, you have a points system.

Points are awarded in the following way:

- Above bogey 0 points
- Bogey (1 shot over par) 1 point
- Par 2 points
- Birdie (1 shot under par) 3 points
- Eagle (2 shots under par) 4 points
- Albatross (3 shots under par) 5 points

Your shots are based on your handicap as follows;

- A player off 6 handicap gets a shot at the holes with stroke index 1–6.
- A player off 18 handicap gets a shot at each hole.
- A player off 24 handicap gets 2 shots at stroke index holes 1–6 and 1 shot at stroke index holes 7–18.

- **Foursomes**

In this format players (in pairs) hit alternate shots. Each player will hit 9 tee shots and then take it in turns until holing out. It is a quick format of golf as players can walk ahead to a point near to where their partner will hit the ball. You can either play in medal or Stableford format.

- **Greensome**

This format is very similar to foursomes, the difference being that both players tee off at each hole, then pick one of the players drives (normally the best one) and the other player then plays and in turn from there until holing out.

- **Texas Scramble**

This is played in a 3 or 4 player team format. You all tee off, all the players hit their second shot from where the best drive landed, then all hit a 3rd shot from where the best 2nd shot finished and so on until the hole is completed.

- **Match Play**



A form of competition in which each hole is a separate competition, players can either win, lose or halve a hole, the winner is determined by the number of holes won rather than the gross, nett or stableford score. Once a player is up by a number of holes and there are less holes left to play than they have won, i.e. 5 up with 4 holes to play, the player has won 5 & 4. If a match is all square at the end then you may need to play extra holes until there is a winner, referred to as sudden death.

● **Knock out Competitions**

Using the match play format, most clubs will run a variety of knock out competitions, these can either be singles, foursomes, better ball, mixed or for handicap categories.

The Player Pathway

In England there are coaching and playing opportunities known as the player pathway from schools to national squads, with opportunities available at club, county and national level.

For further information on the individual areas, contact England Golf direct. (Pyramid visual not included in this document).

Important Tips

Code of conduct

- Respect your fellow golfers.
- Be courteous at all times.
- Play fair and honest.
- Listen, learn and try to improve.
- Practice hard.
- Look smart, be polite and stay healthy.
- Treat others as you expect to be treated yourself.
- Be a role model to juniors.

Etiquette

In golf the way you behave on and off the course is very important. Good behaviour is called 'etiquette'. It is important for three reasons:

- To make sure you are safe.
- To make sure you look after the course.
- To make sure you don't hold up players behind you.

Preparation to play

You will always play better if you are prepared to play and are not rushing:

- Try to arrive at least 30 minutes before you are due to play.
- Get to the first tee 5 minutes before your tee time.
- Always count the number of clubs in your bag, no more than 14!
- Warm up by stretching and hitting some practice balls/putts before playing.
- Shake hands and introduce yourself to your playing partner(s).
- Put a mark on your ball, such as your initials or a coloured dot, so that you know it is yours.
- Have tees, a ball marker and a pitch mark repairer in your pocket ready to use.
- Get a drink, thirst leads to mental fatigue!
- Refer what should be in your bag, information on page 12.



- Check local rules (usually on the back of a scorecard).

Respect

Show respect for your opponent(s) by removing your hat when you shake hands at the end of the game, whether you have won or not!

Pre-shot routines

- Keep it brief.
- Choose a shot you feel you can achieve.
- Focus on a point where you are hitting the ball.
- Keep thoughts on your technique to a minimum.
- Commit to the shot.

On the Green

- Always repair your pitchmark, if you can't find your own, repair another.
- Lift don't drag your feet to avoid making spike marks.
- Offer to attend the flagstick for your opponent.
- Mark your ball if it is in the way of another player's line to the hole.

Safety first

- Always remember that golf is dangerous if certain rules are not observed.
- Be aware of other players and where they are in relation to you.
- Stand a safe distance from anyone swinging their club, they may not know you are there. Never step in front of the hitting line or tee.
- Make sure you have room to swing your club. Never swing a club towards someone else.
- Shout 'FORE!' immediately if you think your ball may hit someone.
- Duck and cover your head if you hear 'FORE!' shouted at you and face away from where the shout has come from.

If you follow these tips you are more likely to enjoy your round of golf and so are other golfers.