

Practice golf course safety

When it comes to sports-related injuries, golf likely doesn't rank high on the list. However, injuries can occur out on the green. Besides traps and bunkers, injury can come from the sun, lightning, golf balls and golf carts. The wise golfer takes precautionary measures before teeing off.

THE SUN

Many golfers enjoy being out in the sun for a game of nine or 18 holes. However, without the proper skin protection, you may be headed for a serious case of sunburn. Apply an abundant amount of sunscreen before the game, wear a hat to protect your head and sunglasses to protect your eyes. Also remember to drink plenty of water to avoid sunstroke.

LIGHTNING

When you are out on an open course, you may be more prone to be struck by lightning. Metal golf clubs can attract a powerful strike of lightning.

If you see that a storm is approaching, end the game and head indoors. Your golf cart will not provide adequate protection. It's not worth risking your life for "one more hole."

STRAY GOLF BALLS

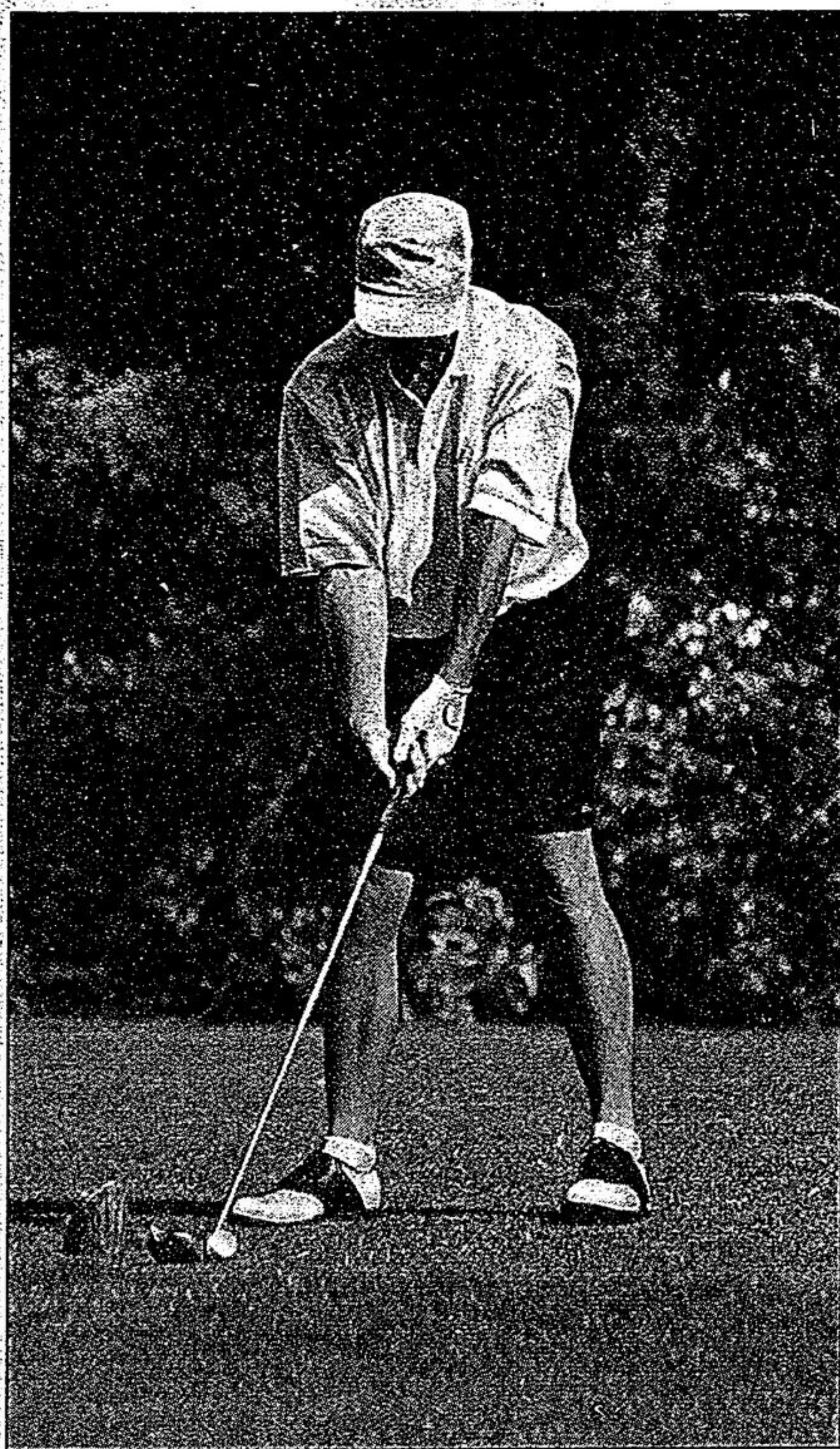
As silly as it may sound, getting hit with a stray golf ball can be a dangerous event. Those small balls, when traveling at fast speeds, have the potential to cause head trauma or a concussion. Many onlookers and players are injured in such a manner. Keep your eyes open when out on the course.

GOLF CART OPERATION

Oftentimes, unsafe operation

of golf carts can result in injuries. They can be fun to drive, but are not for joy riding. Because they are motor vehicles, the same rules of driving a car apply as when driving a cart on the golf course.

Children should never be allowed to drive golf carts — you are just asking for trouble. Most golf courses have strict rules concerning cart operation. Be sure to heed the regulations for safety's sake.



BELIEVE IT OR NOT, you can get injured while playing golf. Following a few simple tips can keep you safe.



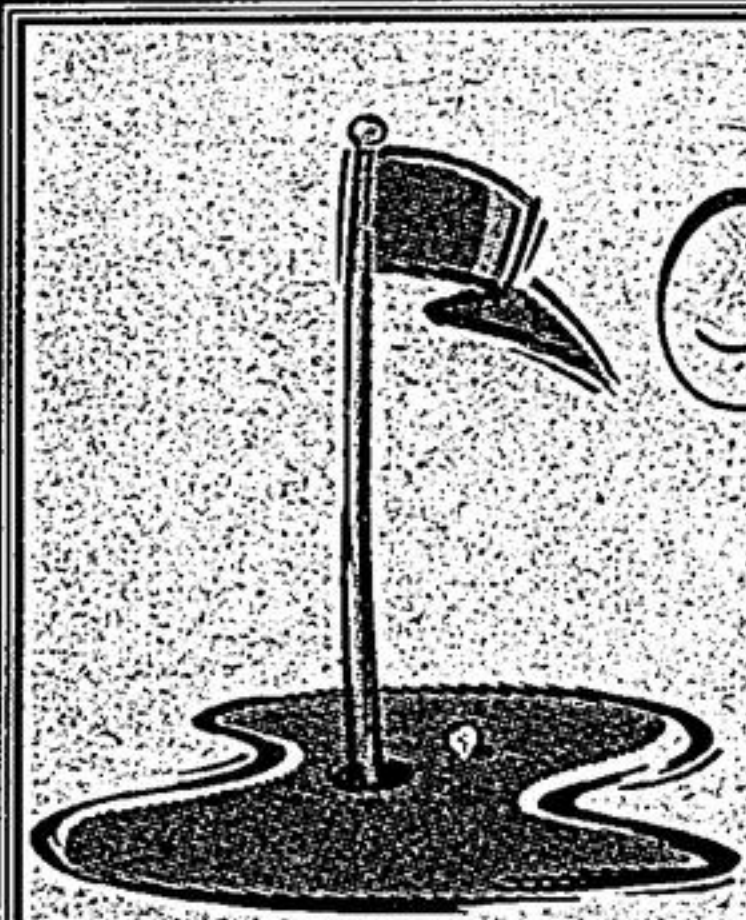
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