



FORE YOUR SAFETY!

Promoting Tournament Safety for Employees, Volunteers, Players, and Guests

Water Safety – Staying Cool!

With the summer months upon us, it is imperative that all parties involved at TOUR events stay hydrated! Proper hydration starts at home and must be continued before, during and after the event. A hydrated body and mind is a productive and efficient member of the tournament team.

Please be aware of your environment and how your body could react to high temperatures.

Recognize the Signs of Dehydration



- Muscle Cramps
- Fever and Chills
- Cravings for Sweets
- Headaches & Dry Skin
- Vomiting and Nausea
- Urine color
- **THIRST!**

If you or anyone else is experiencing these symptoms seek medical attention immediately!

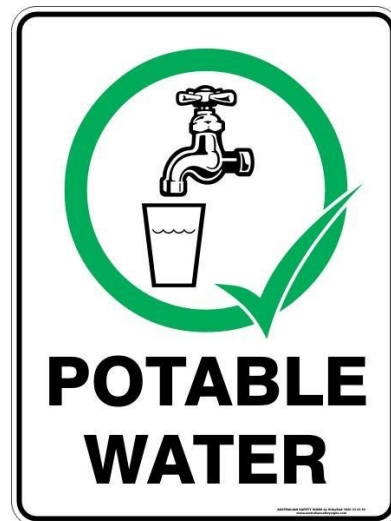
Dehydration Prevention

The most effective way to avoid dehydration is to stay hydrated! This may seem obvious in theory but may prove harder in practice. With the hustle and bustle that surrounds TOUR events, staying hydrated can be put on the back burner. According to the Mayo Clinic, the average male should consume 15.5 cups and the average female should consume 11.5 cups of water a day. Follow the tips below to help facilitate regular and efficient hydration.

- Keep a water bottle handy and full
- Eat fruits and vegetables instead of salty snacks
- Set reminders to drink water at least once an hour, especially if you are outside all day
- Find shade and wear clothing that will facilitate a cooling effect

Potable Water Supply

Another aspect of water safety at TOUR events relates to potable water sources for restroom suites. As a reminder, the water provided to restroom suites must be fresh water from internal or external tanks or from a potable faucet. **AVOID** tapping into golf course sprinkler heads as a water source for restroom suites as this water has the potential to be contaminated with pollutants such as fertilizer.



Work with your host club and restroom vendor well in advance to assure a fresh water source is available.