

THINGS YOU NEED TO KNOW ABOUT GOLF COURSE SAFETY

Are there dangers while playing Golf on the Course? Yes, but continue to read through the following article for more information and simple guidelines you can follow to play golf safely.

There are 3 main points highlighted below – namely, the threat of Lightning, Bees or Insect Attacks and Medical Emergencies.

Golf courses, due to the generally open areas with scattered trees, can be very dangerous places when a thunderstorm occurs. This becomes especially true when the equipment golfers use to play with are made of metal!

So what should you do? Here are 4 simple steps you can take:

1. At the first sign of a thunderstorm, usually followed by the siren sounds (i.e: a series of intermittent blasts) for course closure, seek shelter. If possible, leave the golf course and seek shelter at a designated lightning shelter.

Do note, at this point, that open-sided buildings do not provide protection from lightning even if they have a lightning rod.

2. Stay away from water and single trees
3. Move away from your buggies and golf clubs
4. If you find yourself stranded in the open, stay low.

If you feel a tingling sensation and the hair on your arms stand, immediately squat.

Should you spot someone struck by lightning, move the casualty instantly to a safe and sheltered area. **Call for help or 995 and start CPR if necessary.**

Please save these Medical Emergency numbers into your phones:

6468-3353 (Bukit Location)

6454-7333 (Island Location)

The second danger lies in the attack of bees and/or insects. While on the golf course, other than focusing on your game – be aware of your surroundings. With SICC golf courses set in a natural environment, it is wise to look around the surrounding trees and plants where your ball lands.

Insect stings can result in severe allergic reactions that include chest pain, nausea, loss of breath; swelling and slurred speech which can be fatal is not treated.

Here are some tips to keep these under control:

1. Wear light colored clothing and avoid putting on strong perfume as bees are attracted to them
2. Protect your face and head with a jacket or even your shirt if necessary, as stings to your face can be more serious
3. If stung, remove the stingers as soon as possible. One effective way is to scrape them off with a card (credit card is an option).

After which, use a cold compress to reduce pain and swelling

4. Seek medical attention as soon as you can as some victims who are allergic to bee stings are prone to shock.

The last and most critical life-endangering point we wish to highlight are the medical emergencies.

Heart attacks, one of the more common yet deadly emergencies, occur when one's heart does not get enough oxygen.

These are some symptoms that can be observed:

- Any type of chest discomfort or pressure, such as squeezing or aches
- Nausea and/or dizziness
- Breaking out in cold sweat
- Pain or aches in the back, shoulders, arms, neck or jaw
- Difficulty in breathing

So, what should you do if you notice your flight mate having a heart attack?

The first and foremost thing one should note is that you should not move the casualty. Instead, call the emergency numbers **[6468-3353 (Bukit Location) and 6454-7333 (Island Location)]** and find someone who can perform CPR on the spot.

Not everyone who has a heart attack needs CPR because not all heart attacks cause the heart to stop beating. Should there be a bystander who knows CPR, get them prepared to provide it should the condition progresses to a stopping of the heart.

Here are some useful steps to remember if you are a certified CPR performer:

1. Call – Check the victim's responsiveness. If the person is neither responsive, nor breathing normally, have someone call 995 immediately and return to the victim.
2. Pump - Push down in the center of the chest 2 inches 30 times. Pump hard and fast at the rate of at least 100/minute, faster than once per second.



3. Blow - Tilt the head back and lift the chin. Pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second. After 30 counts compressions, begin rescue breathing, ratio 30:2.



When the **automatic external defibrillator (AED)** is available, follow the instructions on the AED device. The AED automatically determines if the victim needs an electrical shock to restore a beating heart.

The AED Machines are located at:

Island Location

1. Level 2 and 3 Lift Lobby
2. Millennium Starter Hut
3. Emergency Room
4. Island Swimming Pool
5. Bowling Alley

Bukit Location

1. Entrance of Emergency Room
2. Tennis and Squash Complex
3. Entrance of Bukit Swimming Pool

The Club will be looking to purchase 6 additional AED machines to further equip both locations.

Look out for instructions placed next to the AED Machines:



Remember, immediate CPR is the only way to keep the heart alive until help arrives. In the situation of the lack of oxygen, death of the brain occurs 4 to 6 minutes after cardiac arrest if no CPR is done.

Survival generally decreases by 7-10% for every minute no resuscitation done. Every minute's delay in getting help cuts a victim's chance of survival by 10 per cent.

So remember these few tips, the next time you're on the Course !

**Disclaimer: Please note that these are just some suggestions and recommendations. The Club accepts no liability for the content of this article, or for the consequences of any actions taken on the basis of the information provided.*