



PREVENTIVE MEASURES IN CASE OF HEAT

It is the player's responsibility to ensure they adopt the necessary behavior to avoid the risks of exposure to heatwave and to protect themselves before feeling any signs during an EGA Championship.

Here below are preventive measures the EGA highly encourage players to follow:

HYDRATE

Players should **drink water regularly** (before even feeling thirsty) to replace water lost through sweating.

Refreshing yourselves and applying water to the face and forearms several times during the day is also recommended.

EAT

Players should **eat enough food** throughout the day to keep their level of energy and to help hydrate the body during physical exercise.

SHADE

Players must seek **shade** whenever possible.

The use of an **umbrella**, standing under a **tree** or getting out of the sun during another player's shot are recommended behaviors to be adopted on the course.

WET TOWELS

Players should **bring an additional towel** to soak in cool water and to use regularly on the course in order to refresh themselves. Applying the wet towels to the forehead, neck and wrists is recommended to help regulate the body temperature.

CLOTHES

Clothing can also make a difference; it is recommended to wear:

- **Light-colored, loose-fitting clothes** as they are more likely to reflect sunlight from the person,
- **Hats** (or caps) to assist in the prevention of heat illness,
- **Sunglasses** category 3 for strong sunlight.

SUNSCREEN

Players should use **high protection sunscreen** to put on their face and any other body parts exposed to the sunlight.

We thank you for your cooperation.