

# LPGA GOLF 101

Golf for women, from LPGA Teachers

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Golf Game of Lifetime Friendships

## Safety, Warm Up, Stretching and Wellness Tips

### Safety:

**Keep Track of Those Around You** Make sure there are no other persons around you before swinging your club. They should be out of your swing area and direction of your ball flight.

**Heads Up** Even when it's not your turn to hit, stay aware of your surroundings.

Be especially careful if you have to venture into an adjoining fairway to retrieve or play an errant shot, or if you are close to an adjoining fairway and golfers on that hole are hitting toward you.

And always keep a safe distance from golfers in your own group when they are preparing to play a stroke.

**Yell Fore, or Cover Up When You Hear It** Even if you follow the advice above, there will surely come times when you hit your drive farther than you expected, or a hook or slice comes out of nowhere and takes your ball toward an adjoining fairway. Or when you play your stroke believing the fairway ahead is clear ... only to notice players up ahead who had been obscured by a hill or trees.

You know what to do: Yell "Fore!" as loud as you can. That is the international word of warning in golf. It lets golfers playing near you know that an errant golf ball might be heading their way, and they need to take cover.

And what should you do when *you* hear "fore!" being yelled in your direction? For goodness sakes, do *not* stand up, crane your neck, and try to spot the ball! You're just making yourself a bigger target.

Instead, cover up. Crouch behind your golf bag, get behind a tree, hide behind the cart, cover your head with your arms.

Make yourself a smaller target, and protect your head.

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**Never Hit into the Group Ahead of Yours** This should go without saying, shouldn't it? What we're talking about are those occasions when a very slow group is ahead of yours, and frustration takes over. It happens to all of us. Someone in your group gets angry, and next thing you know, they're teeing up a ball and intentionally hitting into the slow-playing group ahead.

If you're ever tempted to do this ... don't. It's very rare, but golfers *have* been killed after being struck by golf balls. Injuries do occur.

Instead of taking aim at someone in anger, take a deep breath. Remind yourself that you're playing golf, a great game, and enjoy the camaraderie with your buddies. If you spot a course marshall, flag him down and ask if he can help speed up play.

Don't take the risk of hurting someone ahead.

**Drive Safely** Most golf carts come with a safety label. Read it, and follow the directions. No, driving a golf cart along the course's cart paths isn't a difficult thing to do. But read and observe all safety rules. Don't hang your feet out of the cart while it's in motion; don't go off-roading over bumpy terrain; don't drive at full speed around curves or down steep hills. Don't let small children drive the cart. Don't drive the cart if you've had a few too many beers. And watch out for other golf carts at points where paths cross.

For more in-depth discussion, read the articles on golf cart safety and golf cart rules.

**Beware Lightning** Lightning is a killer, and during a thunderstorm golfers carrying metal clubs in their hands while on exposed land are at great risk.

If there is lightning anywhere around the golf course, or thunderstorms approaching, take cover.

At the very first sign of lightning, head for the clubhouse. If you are caught out on the course and unable to get to the clubhouse, do *not* seek cover under trees. Trees are lightning rods. Instead, look for a designated lightning shelter (found on many courses in areas where lightning occurs with great frequency) or a concrete or stone bathroom. Open-walled structures will not protect you from lightning, even if they have a lightning rod or are designated as lightning shelters.

If caught out in the open and unable to find shelter, get away from your clubs, your golf cart, water and trees, and remove metal spikes if wearing them. If in a group, group members should remain at least 15 feet apart. If you feel a tingling sensation or the hair on your arms stands up, crouch in a baseball catcher's position, balancing on the balls of your feet. Fold your arms in front of your knees, keep your feet together and your head forward.

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## Warm Up & Stretching:

1. Get to the Course Early – at least 30 minutes before your tee time
2. Begin Warming Up on the Putting Green
3. Spend 10 Minutes Chipping Around the Green to a Tee as Target (be sure the course allows you to chip on the putting green)
4. Begin Your Full Swing Warmup with Stretching
5. Head to the Driving Range and Begin Your Full Swing Warmup with Short Wedge Shots
6. Time Your Routine So That At Its Completion, You Can Stroll to the First Tee Just in Time for Your Group's Assigned Time

## Wellness:

**Protect Yourself from the Sun** A typical round of golf means four hours of exposure to the harsh effects of the sun. More on a slow day, or on a day when you play more than 18 holes. More when you factor in time on the practice putting green or driving range.

In short, golfers have a large exposure to the potentially dangerous effects of the sun. Protect your skin by always using a strong sunscreen.

Also, wear a wide-brimmed cap to keep the sun off your face. Better yet, get yourself a straw hat or other full-brimmed hat that will also help keep the sun off the back of your neck.

**Add Fluids . . . the Right Kind of Fluids** Quench that thirst the right way. Drink plenty of water. If you buy a beverage, make it a sports drink such as Gatorade. If you're playing golf under the sun on a hot day, you'll be sweating off a lot. Of course, there are those golfers who play simply as an excuse to drink beer. It's important to avoid beer (at least until after the round) on hot days. Because alcohol, along with the sun, also dehydrates the human body. And we all know about alcohol's disorienting effect on people. The odds of an accident occurring go way up with each beer.

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