

Curt Corey's Tips to Beat the Heat

Curt Corey: General Manager & Pro:

As temperatures rise and the summer sun shines down on **Rock Harbor Golf Course**, we want to remind all golfers and visitors that staying safe in the heat is just as important as making that perfect putt. Whether you're playing 18 holes or just enjoying the view from the clubhouse patio, it's essential to take steps to protect yourself from heat-related risks.

We've been having really hot days thus far, so here are a few tips to help stay healthy:

-Stay Hydrated

Bring water and drink it consistently throughout your round — not just when you feel thirsty. Consider sports drinks with electrolytes for longer rounds to help replenish what you sweat out. Avoid excessive caffeine or alcohol, which can increase dehydration.

-Use Sunscreen

Apply broad-spectrum sunscreen (SPF 30 or higher) before you arrive — and reapply every two hours, especially if you're sweating. Don't forget often-missed spots like ears, the back of your neck, and the tops of your hands.

-Dress Smart

Wear light-colored, breathable clothing to reflect heat and stay cooler. A wide-brimmed hat or a cap with a neck flap can provide added sun protection. Sunglasses with UV protection are also a smart addition.

-Take Breaks & Use Shade

Use shaded areas at tee boxes, water stations, or the clubhouse patio to cool down when you can. Don't hesitate to take a few minutes to rest between holes — heat exhaustion can sneak up quickly.

-Be aware of warning signs such as:

Dizziness or lightheadedness

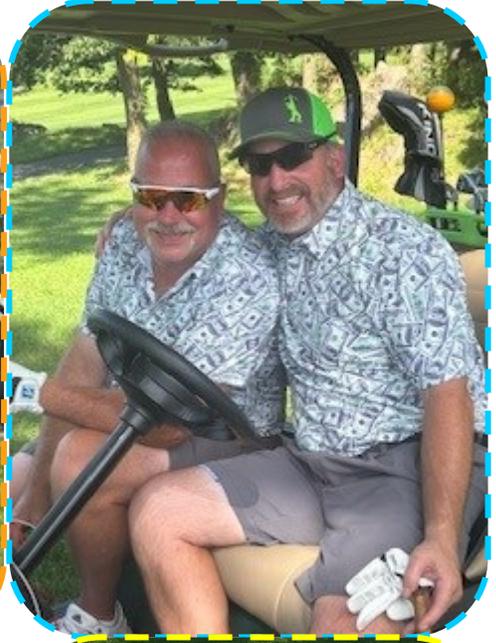
Headache

Rapid heartbeat

Nausea or confusion

If you or someone in your group experiences any of these symptoms, stop playing immediately, get to a cool area, and seek help. Our staff is trained to assist in emergencies and is always nearby to help. At **Rock Harbor Golf Course**, your safety and enjoyment are our top priorities. By following these simple tips, you can keep your cool — and your game — all summer long. See you on the course — stay safe and stay hydrated!





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Tournament Shots

