PGA of NZ Guidelines for Golf Coaching

PGA Members are experiencing cancellations from both the public and the clubs themselves not being comfortable with group coaching taking place. Be proactive where possible during these challenging times and remember that golf offers exercise, fresh air, boosts the immune system and connection with nature all that are vitally important for our mental health and wellbeing. Please use the link below to promote the mental health benefits of golf to your members and community https://www.golfdigest.com/story/5-mental-health-benefits-you-get-from-golf

Golf, in the right adapted environment, is pretty frictionless and is a great game for people to be involved in. You can play a central role in facilitating this that will not only benefit the community but your business as well.

Individual coaching and group coaching however can and should still take place. However, you need to be smart and keep yourself and your clients safe.

Addressing direct transmission, the enclosed coaching environment:

- Promote group coaching and play that takes place outdoors and avoid indoor coaching studios (reduce the risk to you and your clients)
- Think about coaching on the course, again this encourages people to play whilst providing plenty of room to practise social distancing (playing should the heart of your coaching programmes anyway)
- Reduce your group coaching sizes to a maximum of 6 people and ensure that the set up avoids close contact between individuals.
- Much like coaching safety zones, create a 1.5 – 2.0-meter exclusion zone around the coaching environment that no one enters.
- Task orientated learning and performance-based practise requires you as a coach to be far less hands on.
- Think about how you make changes with players, now more than ever is the time to assess whether you really need to get in there and be hands on to work grip & positions.
- Communication is key and the right guided questioning can get the job done and is a more effective way to make a change anyway.
- If you must move a player, use an alignment stick, which is easy sterilised after each session.
- Make sure to coaching in a location where there is as limited through traffic as possible.

Indirect transmission in the coaching and practising environment:

Please make sure that yourself and your clients refrain from coming to the facility if feeling unwell, have returned from overseas in the last 14 days or have come in contact with someone who has returned themselves.

Now is the time to do what you can to mitigate risk to yourself and your clients. Make sure that you are aware of the current government guidelines and do what you can to make your coaching environment as safe as possible. Reassuring your clients that you are doing everything possible to help keep them safe will assist you to continue to operate and move forward through these times.

- Washing hands with soap and water before and after the session or in and around the range.
- Provide hand sanitiser (at least 60% alcohol) for you and your clients.
- Short game and on course practise allow the client to use their golf balls, that way they are not sharing equipment that other people have touched.
- Take flags out of the practise holes, again this is a shared surface environment.
- Think about drawing circles and zones on the ground that people putt and chip towards rather than a cup that offers a hard surface for a virus to live on. This is a great time to set up stations and practise games on your practise greens anyway!
- High frequented places and items where people gather practise balls from should be washed regularly and where possible avoid a shared surface.
- For a more information, templates and posters please use the Ministry of Health website and resources https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-resources#posters

Communication

Ensure that you tell your customers about the measures that you are taking to provide a safer environment. This will generate confidence not just in the present but also benefit you and your business in the future as well.

Regardless of where we end up landing around services and products that you can continue to deliver, make sure to stay in regular communication with members and clients. Community building is and should always be a key component of the way you do business but is more important right now than ever.

If you would like some helping making shifts in your coaching business to best position yourself to be successful in the current and new climate, please touch base with us at the PGA.