Golf & Health

The healthy club checklist

Eight practical steps any golf facility can take to look after the health and safety of its golfers, staff and visitors. Work through the list and tick off what you already have in place.

Club name _____ Date _____ Reviewed by _____

1	**Warm-up area and information** Help golfers warm up before they play.	☐
2	**Sun cream, hats and collared shirts** Stocked in the shop, with sun safety advice for staff and golfers.	☐
3	**Water and healthy food** Available on the course and in the clubhouse.	☐
4	**A defibrillator and CPR-trained staff** So staff can act fast in a cardiac emergency.	☐
5	**Safe buggies** Well maintained, with speed limiters and front-wheel brakes.	☐
6	**A lightning safety policy** With clear guidance for players on what to do.	☐
7	**Walking routes or a gym** Ways to be active beyond a round of golf.	☐
8	**Child care** Making it easier for parents to play.	☐

37.9% survival with a defibrillator

18.7% survival without

Why it matters

On US golf courses, survival after a cardiac arrest was 37.9% when a defibrillator was used, compared with 18.7% without one. Golf courses are the fifth most frequent public location for out-of-hospital cardiac arrest in the US. (Gustafson et al., 2025, JACEP Open)

Source: All eight items come from the actions for facilities and the golf industry in Murray AD, Archibald D, Murray IR, et al. 2018 International Consensus Statement on Golf and Health to guide action by people, policymakers and the golf industry. British Journal of Sports Medicine, 2018. bjsm.bmj.com/content/52/22/1426