



2020 Modified Hydration Awareness Procedures

HYDRATION AWARENESS

- The GSGA recognizes that proper hydration and nutrition remain essential to your preparation for, well-being during and recovery from an event. **Please consider the information below when deciding how to best manage your hydration and nutrition plan for events.**
- During an event, the GSGA will make every effort to provide bottled water at limited locations on the golf course. A host facility may also have additional drinking water available at limited locations on the course. **Snacks and fruit will not be provided by the GSGA.**
- During an event, bottled water provided by the GSGA will be handled by staff or volunteers wearing a face mask.
 - Before play, one bottle of water per player and caddie will be distributed at the starting tee, properly spaced on a table for easy acquisition.
 - During play, each player and caddie may acquire one additional bottle of water while “making the turn,” in a similar manner to the start of their round.
 - The GSGA will make every effort to ice down bottled water prior to distribution, but we cannot guarantee this will take place at each event.
- **Bottled water provided by the GSGA is for PLAYERS AND CADDIES ONLY.** Parents and spectators are encouraged to purchase water from the host facility, if available.