

WORST-CASE SCENARIO®

HOW TO AVOID GETTING HIT BY A BALL

- 1 Listen for the shout “Fore!”**
Whether the call comes in your direction or not, do not hesitate to react.
- 2 Do not look for the ball.**
Looking up may expose your face and head. Do not attempt to dodge an incoming ball.
- 3 Turn away from the source of the call.**
- 4 Drop your clubs or stop your cart.**
- 5 Cover your head with your hands and arms.**
Put your hands on the back of your head. Bend your arms around the top and sides of your head and tuck it into your chest.
- 6 Crouch, squat, or drop to the ground.**
Roll yourself into a tight ball. If you cannot get to the ground, fold your upper body into itself and bend over.



Be Aware

If you and your group are standing on or near the green and the group behind you is hitting up, do one of the following:

- Shield your eyes from the sun so you can easily watch their shots.
- Cover your head and crouch if you lose sight of the ball.
- Get behind your cart, golf bag, caddie, or another nearby object.

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