

## GOLF PRACTICE & PLAY SCHEDULE

### General Guidelines for Practice & Playing Golf

- Warm up prior to practicing or playing [i.e. brisk walk 3-5 minutes].
- Keep your body and your arms warm when practicing or playing.
- Practice in favorable weather conditions (e.g. warm, little wind, not raining).
- Avoid sudden impact with the club such as large divots, hitting the ground hard, obstacles such as tree roots, and hitting into the lip of bunkers.
- Avoid slippery conditions (e.g. wet grass, uneven ground), which could affect balance and generate an awkward swing.

### PRACTICE – Return to Golf

- Gradually increase your practice time over a 4-6 week timeframe.  
[15 minute practice sessions the first week; add 15 minutes per week; maximum of 1 hour]
- Progress through your clubs based on the following timelines – dates:

_____	• Putting	_____	• Full shots – woods/hybrids
_____	• ¼ shots – chipping	_____	• ¼ shots – irons
_____	• ½ shots – chipping	_____	• ½ shots – irons
_____	• Full shots – chipping	_____	• Sand shots
_____	• ½ shots – woods/hybrids	_____	• Full shots – irons ( no divot)

**[Note: until otherwise advised, hit all shots off of a tee.]**

### PLAYING – Return to Golf

- Gradually return to golf in the following sequence:

#### Playing 3-4 Holes

- Putting
- Chipping (near the green, thin grass)
- ¼ shots chipping (any clubs – avoid divots)
- ½ shots chipping (any clubs – avoid divots)
- Full shots (all clubs – with a tee)
- Full shots (without a tee)

Date:

Comments:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

#### 9 Holes

- Chipping, putting only
- ½ shots (any clubs – avoid divots)
- Full shots (all clubs – with a tee)
- Full shots (without a tee)

Date:

_____	_____
_____	_____
_____	_____
_____	_____

#### 18 Holes

- Full shots (all clubs – with a tee – avoid divots)
- Full shots (no restrictions)

_____	_____
_____	_____

**Additional Comments:** \_\_\_\_\_