PDGA Recommendations for Hydration and Bathrooms

Drinking Water

Player hydration is very important and a vital part of tournament operations. The Tournament Director and their staff are responsible for providing water to players on the course. In addition to the guidelines in the chart below, we also provide the following recommendations:

- Consider Water Stations setup at locations where multiple holes intersect for greater access from players.
- Have one person/crew (manager) in charge of the water stations.
- Have a daily/hourly schedule for checking the water stations.
- Provide a method for players to let you know when water/ice is running low.
  - Place the phone number of the water manager at the water station.
  - Use a QR code that alerts the water manager which station is low.
- Work with CVB or local businesses to obtain sponsorship for ice and/or water.
- Provide extra water at tournament central and at Hole #1.
- Consider providing a reusable water bottle as a player pack item for your players.
- If bottled water is preferred (or required by the local health department) over standard 5-gallon jugs, be sure to provide ample trash/recycling bins for the empty bottles. Work with a local recycling center to obtain bins and develop collection plans to lessen the impact on the environment.
- If a large gallery of spectators is present, remember that they will also drink the water on the course. It is a good idea to have separate water available only to the players and staff. The event has an obligation to hydrate the players, not the spectators (which presents an opportunity to sell water to spectators, hint hint).

The below chart shows the recommended minimum amounts of water per player, per course, per round based on temperature. It is important to note that these amounts should be adjusted to address regional weather patterns, number of players, physical difficulty of the course, altitude, and other factors.

<table>
<thead>
<tr>
<th>Outside Temperature</th>
<th>0 - 60 degrees</th>
<th>60 - 80 degrees</th>
<th>80+ degrees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Amount per Player</td>
<td>½ gallon</td>
<td>¾ gallon</td>
<td>1 gallon</td>
</tr>
<tr>
<td>Course Distribution</td>
<td>Every 4-5 holes</td>
<td>Every 3-4 holes</td>
<td>Every 2-3 holes</td>
</tr>
</tbody>
</table>

The suggested minimum number of water stations are only valid if they will be routinely checked to prevent them from running out. Beyond the temperature, the length and toughness of the course as well as the number of players, staff, and spectators will dictate the overall water consumption. Consider having multiple containers at each station and gallon jugs staged for refills. The more water stations you have, the less often they will require refilling. This will benefit the actual competition due to less distractions on the course because of fewer water deliveries required.

Bathroom Facilities

It is also important that adequate bathroom facilities are available for your players, staff, and spectators. Again, how many bathrooms you will need and how often you will need to check them for cleaning and supplies is dependent on the size of your event and the number of players, staff, and spectators you will need to accommodate. At a minimum, the PDGA recommends facilities be available at Tournament Central and half-way through an 18 Hole course layout for the players, but every 6 holes is preferred. Like water stations, a bathroom location at an intersection of multiple holes is a good way to provide extra opportunities for players to use a bathroom during their round, but be sure, in all cases, to plan with your park staff (or your supplier of rented Porta Potties) to ensure non-competition hours access to the bathrooms for cleaning and re-supply to minimize distractions.

Should you have any questions, please reach out to the PDGA Event Support Team at eventsupport@pdga.com