



BEAT THE HEAT PLAY SMART STAY IN THE GAME!

HEAT STRESS AWARENESS
THE NPAGA NATIONAL CONVENTION AND TOURNAMENT
CORPUS CHRISTI, TEXAS



WELCOME TO
CORPUS
CHRISTI

Play Cool.
Play Smart.
Have Fun!



TIPS TO BEAT HEAT STRESS



HYDRATE OFTEN

Drink water before, during and after your round.



SEEK SHADE

Take breaks in the shade whenever possible.



WEAR COOL GEAR

Lightweight, breathable clothing, hat & sunglasses.



KNOW THE SIGNS

Dizziness, headache, nausea, muscle cramps – act fast!



PLAY SMART

Pace yourself and listen to your body.

HAVE FUN. STAY SAFE.
SEE YOU ON THE COURSE!