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Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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 1. Discuss safety on the golf course.

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Show that you know first aid for injuries or illnesses that could occur while golfing, including heat reactions, dehydration, blisters, sprains, and strains.

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| Heat reactions: |  |
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| Dehydration: |  |
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| Blisters: |  |
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| Sprains: |  |
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| Strains: |  |
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 2. Study the USGA Rules of Golf now in use.

 a. Tell about the three categories of golf etiquette.

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 b. Show that you know about the definitions of golf terms.

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| Term | Definition |
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 c. Show that you understand the "Rules of Amateur Status."

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 3. Tell about your understanding of the USGA system of handicapping.

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 4. Do the following:

 a. Tell about the early history of golf.

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 b. Describe its early years in the United States.

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 c. Tell about the accomplishments of a top golfer of your choice.

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 5. Discuss with your counselor vocational opportunities related to golf.

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 6. Do the following:

 a. Tell how golf can contribute to a healthy lifestyle, mentally and physically.

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 b. Tell how a golf exercise plan can help you play better.

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Show two exercises that would improve your game.

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| ⬜ | 1. |  |
| ⬜ | 2. |  |

 7. Show the following:

 a. The proper grip, stance, posture, and key fundamentals of a good swing.

 ⬜ Grip

 ⬜ Stance

 ⬜ Posture

 ⬜ Key fundamentals of a good swing.

⬜ b. The full wood shot, played from a tee.

⬜ c. The fairway wood shot.

⬜ d. The long iron shot.

⬜ e. The short iron shot.

 f. The approach, chip-and-run, and pitch shots.

 ⬜ Approach

 ⬜ Chip-and-run

 ⬜ Pitch shot.

 g. The sand iron shot, bunker, or heavy rough recovery shots.

 ⬜ Sand iron shot

 ⬜ Bunker recovery shot

 ⬜ Heavy rough recovery shot

⬜ h. A sound putting stroke

⬜ 8. Play a minimum of two nine-hole rounds or one 18-hole round of golf with another golfer about your age and with your counselor, or an adult approved by your counselor.

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| 1. | Date: |  | Course: |  | Score: |  |
| 2. | Date: |  | Course: |  | Score: |  |

Do the following:

⬜ a. Follow the "Rules of Golf".

⬜ b. Practice good golf etiquette.

⬜ c. Show respect to fellow golfers, committee, sponsor, and gallery.

**When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from** [**http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf**](http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf)**.**

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