



Parent Information Guide

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Hi First Tee Families!

On behalf of the staff, board of directors, coaches, and volunteers, I would like to take this opportunity to welcome you to First Tee - Golden Isles. We are excited for the opportunity to expose your child to the game of golf and more importantly the positive values, life skills, and healthy habits that are inherent to the game. Through First Tee's Golf & Life Skills Experience, your child will be exposed to life skills such as Interpersonal Communication and Goal Setting, Core Values such as Respect, Honesty, and Judgment, and Healthy Habits related to Social, Emotional, and Physical well-being. As your child progresses through the different levels of our program, they will have the opportunity to learn a myriad of skills that will help them both on and off the golf course.

As a non-profit organization, we rely heavily on the support of our community through financial contributions and donations of time. Volunteers are an integral part of our program and help us greatly in our mission to impact the lives of young people through character education. Many of the coaches you will interact with during your time in our program are volunteers who give their time to make a difference. I encourage you and your participant to take a moment to thank them for donating their valuable time.

Welcome to First Tee of the Golden Isles --- I look forward to seeing you soon!

Sincerely,

Mason Scott, PGA
Program Director
First Tee - Golden Isles

About First Tee - Golden Isles

Our Mission

Our mission at First Tee - Golden Isles is to impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.

Our Vision

First Tee - Golden Isles will give young people of all backgrounds the opportunity to develop into contributing citizens by learning core values, life skills, and healthy habits inherent to the game of golf. This will be done by establishing partnerships with communities, golf courses, and other non-profit organizations to offer the largest network of access points.



Parent Guide and Orientation

At First Tee - Golden Isles, participants receive golf instruction integrated with First Tee Golf and Life Skills Experience in a seamless manner with an intention for young people to grow to become better golfers, and even more important, better members of their community. In addition, they will learn the fundamentals of the golf swing as well as etiquette and rules of the game. Lessons will be delivered in a fun, activity-based, group setting with trained coaches and volunteers.

Parent Expectations

Two of our Nine Core Values at First Tee are responsibility and perseverance. We believe children learn best by example and showing up for class is an easy way to practice being responsible and honoring one's commitments. Obviously, things do come up and people do take ill, schedule family vacations, etc. so we understand missing a class occasionally. When students know they are to miss a class, we ask that the student AND parents both notify the program director. Make-up classes will not be scheduled.

- **Parent sign in / sign out**
 - Parents/Guardians must sign their child(ren) in and out of each class they attend. **Please see specific COVID-19 Policies.**
 - Please make sure that participants are picked up promptly after the session.
 - Parents are welcome to stay and observe the class, however they may not participate in the instruction during the class or interact directly with children during class sessions unless registered and trained as a First Tee Assistant Coach.

Participant Expectations

Participants are expected to abide by First Tee Code of Conduct located in every yardage book that will be given out during the first day of class (PLAYer Level and above). Participants are expected to respect themselves; respect others & respect their surroundings. Participants should:

- Dress neatly and wear golf or athletic shoes. No open toed shoes are allowed. Collared shirt and khaki shorts or pants are preferable. It is highly recommended that participants wear a hat to protect themselves from the sun and bring a filled water bottle to stay hydrated.
- Keep a positive attitude, use proper etiquette, and maintain their composure even when others may not be watching.
- Be honest with themselves and others when keeping score or breaking a rule.
- Follow all instructions and safety rules.
- Show responsibility for their surroundings by keeping the golf course and practice areas clean and in as good or better shape than they found it.
- Attend all classes and report on time.
- Bring equipment and class material to all classes.

What You Can Expect From Us

At First Tee - Golden Isles, golf and life skills are seamlessly incorporated into each experience. Your child will receive golf instruction integrated with First Tee Golf and Life Skills Experience in a seamless manner with an intention for young people to grow to become better golfers, and even more important, better members of their community. First Tee - Golden Isles has taken steps to make our programs more enjoyable and safer for the children who participate in them. We do our very best to ensure that our coaches are the kind of role models who represent the values of First Tee.

- We will do our best to teach both Golf and Life Skills in an organized and fun manner.
- We will strive to get to know every participant involved in the program and provide them with a solid background in the fundamentals of the game of golf.
- We will do our best to model the Core Values of First Tee and insist that our students do the same.

Golf Equipment

Golf equipment will be provided to any participant in First Tee - Golden Isles' program who does not have their own equipment. Any golf equipment received by the participant is the property of First Tee - Golden Isles and must be returned at the discretion of the chapter upon the termination of the participant's involvement of the program.

In Case of Inclement Weather

Parents will be contacted via phone or text no more than 2 hours prior to class in the event of inclement weather resulting in class cancellation. Our organization compares multiple weather apps, but primarily uses Accuweather.com and The Weather Channel and will only consider canceling classes if the predicted inclement weather is 70% or greater or the temperature is below 45 degrees.

Payment and Refund Policies

Cash and check payment may only be submitted directly to the Program Director or the Executive Director. Credit card payment and Financial Assistance may be completed online or in person. If you have paid but desire a refund for any reason you must contact us one week prior to the start of programs to receive a full refund. Within one week of the start of programs we will issue a 50% refund.

COVID-19 Policies and Procedures

Safety Measures in Response to COVID-19

We continue to closely monitor the ever-changing situation with COVID-19. In recent weeks, we have resumed programming with both outreach organizations and our regular on-course locations. While our curriculum has stayed the same, our procedures with how we are dealing with COVID-19 have been updated.

General Recommendations

- Centers for Disease Control and Prevention recommendations
 - Stay at home when you are sick, except to get medical care.
 - Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.
 - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
- Objects and surfaces that are frequently touched will be sanitized regularly.
- Only program supplies that can be sanitized will be used.
- Participants will be screened at drop-off and any participant exhibiting a temperature greater than 100.4 degrees Fahrenheit, cough, shortness of breath, difficulty breathing, other respiratory symptoms, or at least two of the symptoms: chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell must leave the facility immediately. **Screening Process:**
 - Temperature checks with a No Touch Thermometer
 - Evaluation of warning signs such as cough and shortness of breath
 - Evaluation of travel to COVID-19 hot spots
 - Evaluation of exposure to other infected individuals
- The screening process listed above will be required of all Staff, Coaches, Volunteers, and participants prior to the start of each class. Those who exhibit signs of illness will be sent home.

** These guidelines are subject to change based on the age, program, program location and current phase of COVID-19 policies the area is under each week*

Please reach out to us if you have any questions about our policies and procedures. Creating a safe and healthy environment for our participants is our top priority.

Return to Class After Exposure (Symptomatic and Asymptomatic)

- Symptomatic individuals who have had a positive COVID-19 test or have had direct exposure to someone who has tested positive will not be able to physically return until they have: had a negative COVID-19 test **OR** have been fever free without medication for 24 hours, other symptoms have improved, and at least 14 days have passed since symptoms first appeared.
- Asymptomatic individuals who have had a positive COVID-19 test or have had direct exposure to someone who has tested positive will not be able to physically return until they have: had a negative COVID-19 test **OR** have been fever free without medication for 24 hours, other symptoms have improved, and at least 14 days have passed since symptoms first appeared.

Safety Changes

- Participants will be strongly encouraged to remain at least 6 feet from one another and to refrain from any physical contact with fellow participants, coaches, or volunteers.
- All coaches, volunteers, other staff will have their temperature taken prior to each class.
- Participants will have their temperature taken prior to each class.
- Facial coverings are required when indoors and when social distancing is not possible.
- Equipment will **NOT** be shared between participants. All participants will have their own equipment for the entirety of each class.
- Participants will be given their own golf balls to use for games that will **NOT** be shared with other participants.

Cleaning and Disinfecting Policies

- Hand sanitizer with a minimum of 60% alcohol will be available at each program station or individual participants should carry their own.
- All borrowed clubs and program supplies/training aids (e.g. cones, hula hoops, noodles, etc.) will be cleaned and disinfected after each class and before being stored.
- Participants will be encouraged to wash hands/use hand sanitizer if coming into contact with frequently touched surfaces.

** These guidelines are subject to change based on the age, program, program location and current phase of COVID-19 policies the area is under each week*

Please reach out to us if you have any questions about our policies and procedures. Creating a safe and healthy environment for our participants is our top priority.

Check-in & Check-out Procedures

- We will be checking participants in and out via a car line. Signage will be displayed at all facilities to help parents navigate to the drop-off and pick-up location.
- Participants will have their temperature taken while parents/guardians will be asked a series of questions to determine if the participant has had any recent exposure to COVID-19.
- We ask that parents/guardians remain in their cars during this process. First Tee staff will be stationed at the drop-off and pick-up location to help escort participants to the course/practice areas.
- If parents/guardians need to reach participants, we ask that you be mindful of social distancing guidelines.

** These guidelines are subject to change based on the age, program, program location and current phase of COVID-19 policies the area is under each week*

Please reach out to us if you have any questions about our policies and procedures. Creating a safe and healthy environment for our participants is our top priority.

Program Levels

TARGET – Ages 5-7

The TARGET level is outcome driven and an introduction to First Tee Life Skills Experience. This level is designed for ages 5-7 to introduce the game of golf in a fun and safe environment that creates curiosity. The goal is for players to make contact during their swing, hitting the ball in the direction of the target demonstrated through various activities.

PLAYer Level – Ages 8-12

The PLAYer level is outcome driven and available for all ages 8 to 12. This level is designed to introduce the fundamentals of the game while learning the First Tee Code of Conduct and Nine Core Values. Players learn to play the game of golf from tee to green and appreciating the basic rules in a fun active setting. *All participants, ages 8-12, new to First Tee must enroll in this level.*

PAR Level – Ages 9-18

The Par level is process driven and designed for participants who are PLAYer Certified, aged 9 to 18. Golf skills addressed begin to emphasize purposeful practice and strategic play. Players are introduced to interpersonal and self-management skills, building upon the foundation of the Nine Core Values. Additionally, more rules and etiquette are seamlessly integrated into the lessons. Please see the certification requirements for entry to this level.

Teen Leadership– Golf & Life Skills Development - Ages 12-18

The Teen Leadership- Golf & Life Skills Development class is designed for participants of all skill levels, ages 12-18, with intentional focus on golf and leadership development. Players will be led through a series of lessons crossing over First Tee certifying levels from PLAYer, Par, Birdie and Eagle levels. Players will not only learn the core values inherent to the game but will also learn interpersonal communication and self-management skills, goal setting and conflict resolution.

LPGA Girls Golf – Ages 5-18

Participants will learn vital life skills that are specific to the development for girls like developing their own confidence, finding their own voice, identifying their talents and inspiring them to live active healthy lifestyles through the Five E's; Enrich, Energize, Empower, Engage and Exercise.

Certification

Remember this is a journey not a race.

At First Tee - Golden Isles, we like to think of our program as a marathon and not a sprint. Golf is not an easy sport to learn and take up, therefore it takes time and practice far beyond one or two sessions in a First Tee class to become proficient enough in the game to move from one level to the next.

For players to understand, demonstrate and exhibit the skills necessary to advance to the next level, it is essential that participants be exposed to the core lessons in various settings over time along with purposeful practice outside of First Tee sessions.

Participants may not advance to another level until they are age appropriate and have completed the minimum number of program hours with an 80% attendance rate.



PLAYer Certification Requirements

General Requirements (Participants must complete the PLAYer general requirements before registering for the written and playing assessments).

- Minimum age of 9 years old is required to move to the PAR level.
- A minimum of 27+ program hours to include approved First Tee organized classes, assessments, clinics and on course play.
- Completed yardage book and bag tag must be turned in to First Tee staff.
- Understand core lessons associated with the First Tee Code of Conduct and reflective of the Nine Core Values and Physical Healthy Habits of Energy, Play and Safety.
- Demonstrate core lesson behaviors when prompted.
- Exhibit core lesson behaviors on own.

Golf Skill Playing Requirement - On your own

One 9-hole round on course (Approximately 1500-1900 yards)

- No required score; record an accurate score
- Record start/finish times.
- Double par pick-up, mark with "*" on your scorecard, pick up and go
- Play in a fast, safe, and courteous manner.
- Scorecards must be turned in to your coach or the program director.
- Players may complete their round on their own or schedule a time with TFTGI staff.

Golf Skill Playing Assessment - With your coach (Participants must complete the PLAYer general requirements before registering for the written and playing assessments).

One 9-hole short game course

- Putting, chipping, & pitching
- Distances not to exceed 35 yards from the pin
- Total score 45 strokes or less

Written (or verbal) Assessment - With your coach

Golf and Life Skills Knowledge with a minimum score of 80%

- Life Skills knowledge 10 out of 12 questions
- Golf knowledge 8 out of 10 questions

Par Certification Requirements

General Requirements (Participants must complete the PLAYer general requirements before registering for the written and playing assessments).

- Minimum age of 11 years old to move to the Birdie level
- A minimum of 36+ program hours to include approved First Tee classes, assessments, clinics and on course play.
- Completed yardage book and bag tag must be turned in to First Tee staff.
- Understand core lessons associated with the Code of Conduct and reflective of the Par Core Lessons and Physical Healthy Habits of Energy, Play and Safety.
- Demonstrate core lesson behaviors when prompted.
- Exhibit core lesson behaviors on own.

Playing Requirement - **On your own**

Two 9-hole rounds on course (Approximately 1500-1900 yards)

- Maximum score of 65 strokes or less; record accurate score.
- Record start/finish times.
- Play in a fast, safe, and courteous manner.
- Double par pick-up, mark with "*" on your scorecard, pick up and go.
- Scorecards must be turned in to your coach or the program director.
- Players may complete their round on their own or schedule a time with TFTGI Staff.

Golf Skill Playing Assessment - **With your coach** (Participants must complete the PLAYer general requirements before registering for the written and playing assessments).

One 9-hole short game course

- Putting, chipping, & pitching.
- Distances not to exceed 35 yards from the pin.
- Total score 36 strokes or less with no more than 27 strokes putting.

Written (or verbal) Assessment - **With your coach**

Golf and Life Skills Knowledge with a minimum score of 80%

- Life Skills Knowledge 15 out of 18 questions.
- Golf Knowledge 12 out of 15 questions.

Birdie Certification Requirements

General Requirements

(Participants must complete the PAR general requirements before registering for the written and playing assessments).

- Minimum age of 13 years old to move to the Birdie level
- A minimum of 48+ program hours to include approved First Tee classes, assessments, clinics and on course play.
- Completed yardage book and bag tag must be turned in to First Tee staff.
- Understand core lessons associated with the Code of Conduct and reflective of the Birdie Core Lessons and Habits.
- Demonstrate core lesson behaviors when prompted.
- Exhibit core lesson behaviors on own.

Playing Requirement - **On your own**

Five 9-hole rounds on course (Approximately 1900-2500 yards)

- Maximum score of 60 strokes or less; record accurate score.
- Record start/finish times.
- Play in a fast, safe, and courteous manner.
- Scorecards must be turned in to your coach or the program director.
- Players may complete their rounds on their own or schedule a time with First Tee Staff.

Golf Skill Playing Assessment - **With your coach**

(Participants must complete the PLAYer general requirements before registering for the written and playing assessments).

One 9-hole short game course

- Putting, chipping, & pitching.
- Distances not to exceed 35 yards from the pin.
- Total score 31 strokes or less with no more than 23 strokes putting.

Full Swing (greens)

- Must hit 3 out of 6 greens.
- Required distance of 55-75 yards to the center of the green.

Written (or verbal) Assessment - **With your coach**

Golf and Life Skills Knowledge with a minimum score of 80%

- Life Skills Knowledge 20 out of 24 questions.
- Golf Knowledge 16 out of 20 questions.

Eagle Certification Requirements

General Requirements (Participants must complete the PAR general requirements before registering for the written and playing assessments).

- Minimum age of 14+ years old to move to the Birdie level
- A minimum of 60+ program hours to include approved TFT classes, assessments, clinics and on course play.
- Completed yardage book and bag tag must be turned in to TFTGI staff.
- Understand core lessons associated with the Code of Conduct and reflective of the Eagle Core Lessons and Habits.
- Demonstrate core lesson behaviors when prompted.
- Exhibit core lesson behaviors on own.

Playing Requirement - **On your own**

Ten 18-hole rounds on course (Approximately 5000-6000 yards)

- Maximum score of 108 strokes or less; record accurate score.
- Record start/finish times.
- Play in a fast, safe, and courteous manner.
- Scorecards must be turned in to your coach or the program director.
- Players may complete their rounds on their own or schedule a time with TFTGI Staff.

Golf Skill Playing Assessment - **With your coach** (Participants must complete the PLAYer general requirements before registering for the written and playing assessments).

One 9-hole short game course

- Putting, chipping, & pitching.
- Distances not to exceed 50 yards from the pin.
- Total score 27 strokes or less with no more than 18 strokes putting.

Full Swing (Greens)

- Must hit 3 out of 6 greens.
- Required distance of 80-100 yards to the center of the green.

Full Swing (Fairways)

- Must hit 3 out of 6 fairways
- Required distance of 160-190 yards to fairway.
- Approximate width 40 yards or less

Written (or verbal) Assessment **With your coach**

Golf and Life Skills Knowledge with a minimum score of 80%

- Life Skills Knowledge 25 out of 30 questions.
- Golf Knowledge 20 out of 25 questions.