CLARESHOLM DISC GOLF



Disc Golf: Object of the Game

- To play each hole in the fewest throws (strokes) possible,.
- The player with the lowest total strokes for the course wins.

Safety First

- Golf discs can cause serious injury.
- Never throw when players or park users are within range
- ♦ Always give the park users the right away.
- Be aware of your surroundings and environment

Overview:

- Each hole begins at the tee
- Then you throw from wherever your disc comes to rest (lie)
- You finish the hole when your disc hits the Tone (or rests in the basket)
- The player who is farthest away always throws first
- When teeing off the lowest score from the previous hole goes first

Play must end by 10:00 pm

Basic Rules of Play

- On the tee, you must have at least one foot on the tee area when you throw.
- In the fairway, you must throw from a spot that is behind your lie (1/2 meter) and in line with the target.
- A run up and follow through are always allowed, with one exception: a lie within 10 meters of the target is considered a putt, and you may not step over your lie.
- If your lie is unsafe or unplayable, or out of bounds (inside treed area by playground, pathways, road, car paths etc.) move directly away from the target and take a one throw penalty.

Courtesy and Etiquette

- Remain quiet and avoid unnecessary movements when others are throwing
- ◆ Stand behind the player who is throwing until the throw is complete.
- Allow faster groups to play through when possible.
- ◆ Respect the course, pick up trash and put in receptacle. Do not alter trees or obstacles.
- Vandalizing targets, signs, park equipment, and landscaping is a serious offence that will be prosecuted.

CLARESHOLM DISC GOLF SCORE CARD

Date:

Hole		1	2	3	4	5	6	7	8	9	TOTAL
Distance:	Back Middle Forward	101m 91m 61m	112m 92m 62m	123m 103m 83m	114m 94m 74m	125m 105m 95m	176m 156m 136m	127m 107m 87m	138m 118m 98m	149m 129m 109m	1165m 995m 805m
PAR		3	3	3	3	3	4	3	3	3	28
PLAYERS											
						M					

CLARESHOLM DISC GOLF



Welcome to the Claresholm Disc Golf Course

Located at Patterson Park on the East side of Claresholm, this course has something for all ages and abilities. Designed and donated by a local resident using recycled materials, it was created with a long range plan of having a league with neighbouring communities within our region. The course has been strategically designed for players to use a number of different throwing patterns, is inclusive for all ages and abilities, while still offering those who play competitively a challenging course.

Highlights of the Park

- 1. It's an inexpensive, passive sport which co-exists easily with other park uses.
- 2. It provides a source of recreation and a creative play area, targeting town's people and tourists to the park, and other amenities in the community.
- 3. Will provide a positive, fresh air activity that fosters respect for the land and friendship though passive recreational use.
- 4. Improve park safety by ensuring a steady, unstructured, recreational use.
- 5. Disc sports are unique in that they provide an environmentally friendly, sophisticated recreational activity that is compatible with other passive park uses using the existing terrain.
- 6. Guidelines for the course design have been established by the PDGA.

"What other public recreational activity costs so little, yet offers so many potential benefits to the host park, providing healthy, low impact cardiovascular workouts to so many different users?"

