

HOW TO PLAY DISC GOLF



- 01 Head out of reception, turn right, with the buildings to your right follow signs to the Disc Golf course
- 02 Use your map to find the **GREEN** Tee. The **BLUE** and **RED** tees are for more advanced players
- 03 Your first throw must be completed within or behind the designated tee area
- 03 Take it in turns to throw your first shot towards the basket. Consider trees and other obstacles
- 04 The following throws must be taken from where your disc landed
- 05 The player whose disc is farthest from the hole always throws next
- 06 The aim is to complete each hole in as few throws as possible
- 07 Once everyone's disc is in the basket, write down your scores
- 08 The location of the next Tee is indicated with an arrow inside the basket
- 09 The player with the least amount of strokes on the previous hole is the first to tee off on the next hole
- 10 The winner is the player with the lowest score
- 11 Return to reception to sign out

HOW TO THROW YOUR DISC

A: Grip your disc firmly with the thumb on top and fingers tucked in against the rim.

B: Stand sideways on to the target and draw your disc back in a straight line, just below shoulder height. Allow the upper body to rotate and weight to transfer to the back foot.

C: Push off the back foot to pull the disc through at speed as close to the chest as possible.

D: Let the disc 'rip' out of the hand at speed to fly towards the target.

Think strategically about your putts and try not to overshoot the target. You are aiming for the chains.

IMPORTANT INFORMATION

You are welcome to stay and play all day. Once you've mastered the **GREEN** beginner course why not try the **BLUE** intermediate course.

The Alpine Lounge, our roof-top café-bar overlooking the ski slope is open to all and is the perfect retreat for well deserved refreshments.

If you can not find a tee, get lost or get into any difficulty please return to reception or call 01934 834877 for assistance. In case of emergency please call 999 and alert our team as soon as possible.

It is VITAL that you return to reception once you have finished playing to avoid people going out to look for you!

DISC GOLF DO'S

- Give footpath users right of way
- Be aware of your surroundings and other players
- Stand behind players throwing discs
- Follow the map
- Watch your discs land to make them easier to find
- Always look for lost discs if safe to do so
- Wear sensible shoes
- Be careful of brambles, foliage and trip hazards
- Use the stiles and gates provided to cross fences
- Shut gates behind you
- Take any litter home
- Ensure you are back 30 minutes before we close
- Check in on Facebook and rate our course!
- Make use of your half price pass on your next visit

DISC GOLF DON'TS

- Don't play Disc Golf alone
- Don't try to catch discs
- Don't throw if other people or animals are in range
- Don't try to climb over fences or barbed wire
- Don't climb or swing on the baskets
- Don't start a new Tee until groups ahead of you have finished
- Don't break off branches or trample foliage to clear a way for your throw
- If you need to take a rest please take breaks between holes so others can continue to play



Ticks are common on the Mendips. If you need advice with ticks please visit mendip.me/ticks