



2023 - 2024

TRAINING PROGRAMME

ACADEMIA DE FORMAÇÃO DO PALHEIRO GOLFE



RUA DO BALANCAL, 29
FUNCHAL - ILHA DA MADEIRA

GOLFCLUB.PALHEIRONATUREESTATE.COM

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I. Introduction

1.1. The Team

The team at the Palheiro Golf Training Academy (PGTA) is made up of three dedicated and committed members:

- **Edgar Rodrigues (Level III Golf Coach):** Edgar Rodrigues brings specialised knowledge as a Level III coach, providing high-level technical and strategic guidance. His professionalism is a reference in the team.
- **Luis Franco (Level I Golf Coach & TPI Certified Level 1):** With vast experience and a passion for golf, Luis Franco leads our technical training and motivation. His presence as a coach is an inspiration to our athletes.
- **Sulamita Neves (Academy Coordinator Teacher):** Sulamita Neves, Physical Education teacher and academy coordinator, plays a crucial role in creating the ideal conditions for the development of our athletes.

1.2. Sports Season Objectives

1.2.1. General objectives

- **Promoting a love of golf:** Encouraging and nurturing a genuine passion for golf in our athletes, creating an environment where they feel inspired and motivated to dedicate themselves to the sport.
- **Excellence in training:** Unwavering commitment to excellence in the training of golfers, providing them with the best possible education and training.
- **Developing exemplary citizens:** In addition to training top-level athletes, we seek to mould responsible, respectful and ethical young citizens, prepared to face challenges on and off the golf course.
- **Promoting health and well-being:** Encouraging a healthy and active lifestyle among our athletes, emphasising the importance of physical and mental health.
- **Fostering a strong golf community:** Building a strong and united golf community, where athletes, coaches, parents and supporters get involved and collaborate for the success of the academy.

1.2.2. Specific objectives

- **Developing fundamental skills:** Ensuring that all athletes acquire solid technical golf skills, including swing, putt, chip and approach techniques.
- **Advanced tactics and strategy:** Empowering our athletes with an in-depth understanding of golf tactics and strategy, enabling them to make intelligent decisions during matches.
- **Improve competitive mindset:** Train athletes' minds to cope with the pressure of competition, developing the resilience, concentration and confidence needed to compete at a high level.
- **Supporting academic education:** Encouraging academic excellence and providing educational support so that athletes can balance their school commitments with golf.
- **Participating in elite competitions:** Preparing our athletes for elite competitions, with a focus on regional, national and international tournaments, with the aim of winning titles and representing the academy with distinction.
- **Developing leaders in golf:** Training some of our athletes to become leaders and ambassadors for golf, inspiring others and contributing to the growth of the sport in our region.
- **Promoting diversity and inclusion:** Ensuring that our academy is an inclusive and diverse place where all talents, regardless of their background, gender or abilities, have the opportunity to develop their potential in golf.
- **Evaluation and continuous improvement:** Implement a robust performance evaluation system to identify areas for improvement and adjust our coaching and training strategies.

1.3. The Importance of Training

Training plays a fundamental role in achieving our goals. Through well-planned and structured training sessions, our athletes acquire the technical, physical and strategic skills needed to excel in golf. In addition, training strengthens our athletes' competitive mentality, promoting resilience and the ability to face challenges with confidence.

Our golf training dossier is an essential tool for directing our collective efforts and achieving success. In the following chapters, we will describe the plans, strategies and methods we will use to develop our athletes' potential and achieve our goals for the 2023/2024 sporting season.

II. Training content by factor and specific area

Our training programme covers a wide range of essential elements for the complete development of a high-performance golfer. Divided into four distinct factors, each component is carefully designed to enhance our athletes' ability to achieve exceptional results on the golf course.

2.1. Physical factor

In this factor, we focus on the physical preparation of our athletes. This includes perfecting agility, balance and mobility, as well as honing specific techniques such as throwing. The aim is to create a solid foundation that will enable consistent and lasting performance.

2.2. Technical factor

This factor is subdivided into several critical technical areas. For Putting, Chipping, Pitching, Full Swing and Bunker, we pay meticulous attention to detail. This covers everything from the starting position to the finish, controlling direction and speed, as well as ensuring precise distances. Every technical aspect is fundamental to achieving golfing perfection.

When it comes to planning the [volume of training](#), the Palheiro Golf Training Academy will take a strategic approach to optimising the development of our athletes' technical skills. Training will be carefully divided according to the following percentage points, which reflect the relative importance of each technical area:

- *Putting*: 20%
- *Chipping*: 15%
- *Pitching*: 15%
- *Bunker*: 10%
- *Full Swing*: 40%
 - Clubs 9, 8, 7 e 6: 22%
 - Clubs 5, 4, HY, 3 e M1: 18%

This balanced structure of training time will allow our athletes to perfect their skills in all the fundamental areas of golf, ensuring complete development and a solid foundation for facing

competitive challenges. The training methodology will be continually reviewed and adjusted to meet the athletes' individual needs and maximise their potential in this sport (see [point 3.5.](#)).

2.3. Strategic factor

In golf, strategy plays a crucial role. We focus on the player's mindset, the relationship with space, the construction of effective sequences and routines and knowledge of the rules of the game. A winning attitude and a strategic approach are key elements for success on the course.

2.4. Performance on the course

Evaluating performance in real game situations is the ultimate test for honing all the skills developed. We measure our athletes' performance on the course, analysing how all the components - physical, technical and strategic - translate into real golf competitions and tournaments.

Our training programme is a time of continuous improvement, with the aim of transforming players into top-level golfers. Through a comprehensive and specialised approach, we aim to mould champions in the world of golf.

Based on the above factors, technical assessments will be carried out individually per period, i.e. at the week's **Training Session with the Coach**.

Period	Evaluation	Meses	Deadline
1st	Initial	October, November and December	31 December 2023
2nd	Intermediate	January, February and March	31 March 2024
3rd	Final	April, May and June	30 June 2024

Table 1. Technical evaluations.

III. Types of Training Sessions

At the Palheiro Golf Training Academy, we understand the importance of personalised training and autonomy in developing promising golfers. We are committed to offering a variety of weekly training sessions that suit the students' needs and provide a complete learning environment.

Here are the types of training sessions we offer, with special emphasis on the guidance provided in the Autonomous Training sessions:

3.1. Individual Training with Coach and Garmin R10 Resource

Duration: 30 to 60 minutes, depending on the player's level of play and age group.

Description: These personalised training sessions are a unique opportunity for students to receive individualised coaching, taking advantage of the innovative Garmin R10 feature.

The [Garmin R10](#) is a state-of-the-art golf training device that utilises advanced technology to enhance the training experience. This smart, portable device is used by our coaches to provide detailed analyses of player performance during practice sessions.

[Garmin R10](#) features and Benefits:

- **Shot Analysis:** The [Garmin R10](#) tracks and analyses every shot, providing accurate information on distance, ball speed and direction. This helps coaches identify specific areas for improvement.
- **Real-Time Visualisation:** During the training session, students can view the information provided by the [Garmin R10](#) in real time on a mobile device or tablet. This allows them to adjust their technique immediately based on the data provided.
- **Performance History:** The device also records performance history over time, allowing continuous monitoring of progress and the setting of specific targets for improvement.

During individual training sessions, coaches will use the [Garmin R10](#) to collect important data on each of the student's shots. This includes information on the distance travelled by the

ball, speed and direction. Based on this information, coaches can provide precise guidance to perfect the student's technique and achieve better performance.

One-to-One Coach Training sessions and the [Garmin R10](#) feature offer a modern and highly effective approach to developing high-performance golfers. We are committed to using state-of-the-art technology to support our athletes in achieving their golfing goals.

3.2. Academy Group Classes

Timetable: Held on Saturdays or Sundays, depending on the player's level of play and rank.

Description: Group lessons are a valuable opportunity for students to practise their skills in a social and competitive environment. Our coaches supervise these sessions, ensuring a dynamic and interactive learning experience.

3.3. Autonomous Training

Description: In Autonomous Training, we offer detailed guidance and training guides so that students can perfect their skills independently. In addition to specific golf practices, we also provide guidance on physical preparation, helping our students to develop a solid foundation for success in golf.

3.4. Autonomous Training + Practice Round

Description: This training session combines autonomous training with practical application on the course. In these sessions, athletes have the opportunity to apply what they have learnt during a round of the course, strengthening their skills in real game situations.

It is important to emphasise that the choice of playing 18 holes, 9 holes or any other number of holes must be made based on the guidance of our coaches. The player is free to personalise his practice session according to the coaches' recommendations, including the possibility of focusing on the holes where he faces the greatest challenges. However, it is essential that the player strictly respects the rules of the course and playing etiquette, also taking into account the presence of other players on the course.

In short, at Clube Palheiro Golfe, through our Academy, we are committed to providing a comprehensive and personalised training experience, guiding each student towards achieving their full potential in golf. As part of this commitment, we present the table with the recommended weekly training hours for our athletes in order to maximise their performance.

	Age Groups	No. of Training Sessions (per week)	Individual Training with Coach (per week)	Aulas de Grupo Academia (per week)	Autonomous Training* (per week)	Autonomous Training + Course Tour (per week)	Total Hours per Week
COMPETITION	U18	4	60m	120m	120m	75m	6:15m
	U16	4	60m	120m	120m	75m	6:15m
	U14	4	60m	120m	120m	75m	6:15m
PRE-COMPETITION	U12	4	30m	90m	90m	60m	4:30m
	U10 - C	4	30m	90m	90m	60m	4:30m
BEGINNERS	U10	3	60m (monthly)	60m	45m	N.A.	2:00m

Table 2. Times and types of training sessions.

*Chipping, Putting, Bunker, Pitching, Swing | Clubs (Driving Range).

LEGEND:

- **RED (Beginners):** in order to be awarded a Handicap, the player must undergo technical assessments with the coaches and take a theory exam on golf rules and etiquette.
- NOTE: **Individual training sessions** with a coach are subject to availability and must be booked at least 72 hours in advance with coaches Edgar Rodrigues and Luis Franco.

3.5. Total Training Volume per Season

3.5.1. Training volume - competition classes

During the sporting season that will run from October 2023 to June 2024, the amount of training dedicated to the competition levels will total 12,000 minutes of meticulous preparation. This extensive amount of time dedicated to training represents the team's unwavering commitment to perfecting their skills and their desire to achieve success in the upcoming competitions.

Throughout these months of intense training, the athletes, under the guidance of their coaches, will be dedicated to mastering the specific techniques required by the sport of golf. The amount of training reserved for these competition levels demonstrates the organisation's commitment to investing in the future of the sport, empowering young talents with the skills and mindset needed to achieve success in future competitions. These training minutes will not only mould skilful athletes, but will also contribute to the growth and excellence of the sport in

Technique	October 2023	November 2023	December 2023	January 2024	February 2024	March 2024	April 2024	May 2024	June 2024
<i>Putting</i>	300	300	150	300	300	225	225	300	300
<i>Chipping</i>	225	225	115	225	225	167	167	225	225
<i>Pitching</i>	225	225	115	225	225	167	167	225	225
<i>Bunker</i>	150	150	70	150	150	115	115	150	150
Clubs (9, 8, 7 e 6)	330	330	165	330	330	250	250	330	330
Clubs (5, 4, HY, 3 e M1)	270	270	135	270	270	200	200	270	270
TOTAL of impacts m	1500	1500	750	1500	1500	1125	1125	1500	1500
	1st Period		3750	2nd Period		4125	3rd Period		4125

Table 3. Training volume - U14, U16 and U18.

3.5.2. Training volume - pre-competition age groups

During the exciting sporting season that will run throughout the period in question, a total of 8,640 minutes will be allocated with special dedication and care to the pre-competition age groups, including the U10-C and U12 categories. These precious training minutes represent a significant investment in the development of young athletes, preparing them for future challenges and giving them a solid foundation for their sporting careers.

In the pre-competition age groups, the focus will be on honing the fundamental skills needed to succeed in the sporting world. Every minute of training will be designed to nurture

emerging talent, develop proper technique and instil the fundamental values of sport, such as fair play and teamwork. This phase is crucial for building the foundation on which young athletes will build their sporting careers, and the attention devoted to these levels reflects the commitment to the sustainable development of sporting talent.

As these young athletes delve deeper into training, they will learn not only to hone their individual skills, but also to collaborate with their teammates. This collaboration will not only strengthen the bonds between the athletes, but also prepare them for the competitive demands they will encounter as they progress to more advanced levels of competition.

Technique	October 2023	November 2023	December 2023	January 2024	February 2024	March 2024	April 2024	May 2024	June 2024
<i>Putting</i>	216	216	110	216	216	160	160	216	216
<i>Chipping</i>	162	162	80	162	162	120	120	162	162
<i>Pitching</i>	162	162	80	162	162	120	120	162	162
<i>Bunker</i>	110	110	55	110	110	80	80	110	110
Clubs (9, 8, 7 e 6)	240	240	120	240	240	180	180	240	240
Clubs (5, 4, HY, 3 e M1)	190	190	95	190	190	150	150	190	190
TOTAL of impacts m	1080	1080	540	1080	1080	810	810	1080	1080
	1st Period		2700	2nd Period		2970	3rd Period		2970

Table 4. Training volume – U10-C and U12.

3.5.3. Training volume - youth age groups

A total of 3,840 minutes will be dedicated to the beginners' age group, which includes the U10 athletes. These precious training minutes represent a fundamental investment in the development of young athletes who are taking their first steps into the world of sport.

In the junior age groups, the main focus will be on providing a solid introduction to the world of golf. Every minute of training will be designed with great care to develop basic skills, familiarise athletes with the fundamental concepts of golf and introduce passion and enthusiasm for the sport. This phase is key to building a solid foundation and providing a positive experience for the young athletes, encouraging them to continue their sporting journey.

As beginner athletes deepen their training, they will learn not only the essential techniques and skills of golf, but also the principles of fair play, teamwork and respect for their colleagues and coaches. These values are fundamental not only to their growth as athletes, but also to their development as responsible and ethical individuals.

Technique	October 2023	November 2023	December 2023	January 2024	February 2024	March 2024	April 2024	May 2024	June 2024
<i>Putting</i>	100	100	48	100	100	80	80	100	100
<i>Chipping</i>	70	70	36	70	70	55	55	70	70
<i>Pitching</i>	70	70	36	70	70	55	55	70	70
<i>Bunker</i>	50	50	20	50	50	30	30	50	50
Clubs (9, 8, 7 e 6)	120	120	70	120	120	100	100	120	120
Clubs (5, 4, HY, 3 e M1)	70	70	30	70	70	40	40	70	70
TOTAL of impacts m	480	480	240	480	480	360	360	480	480
	1st Period		1200	2nd Period		1320	3rd Period		1320

Table 5 - Training volume - U10.

IV. Calendarisation

The training calendar is designed to provide a complete and organised overview of our annual schedule. Events and classes are categorised and marked for easy identification.

4.1. Classes/Trainings

Here you will find the dates and times of the training lessons conducted by our golf coaches. Classes are segmented according to physical, technical and strategic factors, guaranteeing a complete approach to the golfer's development as mentioned in chapters II and III.

4.2. Competitions

Various competitive opportunities are available to Palheiro Golf Training Academy athletes throughout the year, including internal (Junior Academy), regional (e.g. Drive Challenge Madeira Circuit), national, club competitions, internships and clinics. These opportunities offer unique and exciting experiences for our athletes to improve their skills and participate in the golf community.

4.2.1. Internal competitions



Internally, the AFPG organises several tournaments per sporting season, which usually take place the week before the school holidays. The AFPG Ranking is associated with the academy's internal tournaments, where the result of each tournament is entered and assigned a score. The regulations for this ranking are available online in the folder containing all the academy's documents.

These competitions are duly identified and listed on the official [Palheiro Golf Club](#) website (access password golfpalheiro).

Name	Date	Observations
I – Opening Tournament	04.11.2023	All Academy athletes. To be counted towards the Academy Ranking.
II - Christmas Tournament	09.12.2023	
III – Carnival Tournament	10.02.2024	
IV - Easter Tournament	23.03.2024	
FINAL - Junior Major	23.06.2024	

Table 6. Calendar of internal AFPG competitions. Note: calendar subject to change.

4.2.2. Club competitions



In addition to the competitions mentioned in the previous point, players with access to the course and, in turn, a handicap, can take part in the [Palheiro Golf Club](#) tournaments, if they respect the terms and conditions of those competitions. To view the competitions and their regulations, [click here](#) (access password golfpalheiro).

4.2.3. Regional competitions



[Drive Challenge Madeira Circuit](#) - organised with the support of the Portuguese Golf Federation. This circuit is made up of six tournaments, two of which are played on each of the three golf courses in Madeira, plus a final on one of the same courses (this is rotated each year). This competition involves all young athletes with a handicap who are enrolled in golf training schools. Each tournament takes place on the first weekend of the month and mostly on Sundays so that there can be a practice round on the Saturday before the competition.

Name	Date	Golf Course
1st Drive Challenge Madeira Tournament	4th February 2024	Santo da Serra
2nd Drive Challenge Madeira Tournament	10th March 2024	Palheiro Golf
3rd Drive Challenge Madeira Tournament	21th April 2024	Porto Santo Golfe
4th Drive Challenge Madeira Tournament	26th May 2024	Santo da Serra
5th Drive Challenge Madeira Tournament	16th June 2024	Porto Santo Golfe
6th Drive Challenge Madeira Tournament	28th July 2024	Palheiro Golf
FINAL Drive Challenge Madeira	22th September 2024	Porto Santo Golfe

Table 7. Regional Competitions Calendar.

4.2.4. National competitions



The [Drive Tour – National Youth Championship](#) is made up of a total of 6 tournaments held from January to October, culminating in an exciting final in November. This circuit, throughout the year, offers our students the opportunity to hone their skills and compete at a high level, thus building a path to success in the world of golf.

[Click here](#) to find out more about the [Drive Tour – National Youth Championship](#).

Name	Date	Golf Course
1st Drive Tour - NYC	13th – 14th January 2024	Penina Hotel & Resort
2nd Drive Tour - NYC	16th – 17th March 2024	Oporto & Miramar
3rd Drive Tour - NYC	18th - 19th May 2024	Ribagolfe Oaks
4th Drive Tour - NYC	28th – 30th June 2024	St. Estevão
5th Drive Tour - NYC	21th – 23th August 2024	Estela
6th Drive Tour - NYC	19th - 20th October 2024	Aroeira
FINAL Drive Tour	08th – 09th November 2024	TBA

Table 8. Drive Tour Calendar 2024.

It is important to emphasise that in order to participate fully in this Circuit, it is essential to comply rigorously and respectfully with all the criteria and requirements established by the Club at the start of each sporting season. These criteria cover aspects such as performance, ethical behaviour and participation standards, ensuring that all athletes conform to the standards of excellence and integrity that the Club sets as a basis for this sporting season.

4.3 Breaks and public holidays

The dates of school breaks and public holidays are also highlighted in the calendar to help you plan your training activities.

You can view the Annual Calendar, with reference to the above dates, [by clicking here](#).

VI. Equipment and Resources Required

Below is the list of golf equipment, facilities, technological resources and training materials required.

Golf Clubs:		Golf accessories:	Other accessories:
Drivers	Golf Bags	Golf tees	Cones
Clubs (3-9)	Trolleys	Ball Markers	Flags
Wedges (PW, SW, LW)	Golf Balls (training & game)	Golf Alignment stick	Targets
Putters			Hoops
Facilities:		Training Technology:	
Driving Range		Swing analysis software - Garmin Approach R10	
Putting and chipping areas			
Practice Bunkers		Data Analysis Material:	
18-hole golf course		Computer e tablet	

Table 10. Academy resources.

Physical training equipment:

- Fitness equipment (elastic bands, fitball, weights, etc.)
- Balls for various sports (basketball, volleyball, etc.)

Educational materials (to guide autonomous training):

- e-Book with golf fitness exercises.
- e-Book with Golf Training Plans.

Accessories for the athlete (optional):

- Golf gloves
- Golf towels (for cleaning clubs)
- Hat / Cap
- Sunglasses
- Sun cream

VII. Internal Regulations

In order to guarantee the proper functioning of the Palheiro Golf Training Academy (PGTA) and to provide a safe and rewarding experience for our students, we have established the following conditions and rules:

7.1 AFPG Conditions and Rules

- 7.1.1. Admission to the AFPG is limited to students aged between 4 and 21, both inclusive.
- 7.1.2. Children and young people who enrol in the AFPG are offered the annual membership fee of the Palheiro Golf Club, whereupon they become full members of the Club, enjoying all the advantages and benefits inherent in that status (e.g. discounts in the Restaurant, equipment hire and the Palheiro Golf Pro-Shop).
- 7.1.3. AFPG students must follow the instructions of the professionals and other staff at Palheiro Golf.
- 7.1.4. Parents/carers wishing to attend lessons for AFPG students should note that, in the event of an accident, Sociedade Turística do Palheiro Golfe, S.A. and Clube Palheiro Golfe will not be held responsible for any material and/or physical damage that may result. Only students registered with the AFPG and with a valid Sports Medical Examination are insured in the event of an accident at our sports facilities.
- 7.1.5. When playing on the course, students must respect all the rules of golf as well as the internal rules of Palheiro Golf, such as: playing without delay (picking up the ball after too many strokes); when noticing the presence of faster players, immediately letting them pass in front; replacing the grass/divot after a stroke; smoothing the bunkers; etc.
- 7.1.6. At Palheiro Golf, bad behaviour is considered a serious offence. If there are complaints from other players, they will be dealt with rigorously and swiftly, resulting in a penalty proposed by the teaching staff. If there is a need to suspend student status, there will be no right to a refund.
- 7.1.7. If a student changes his or her handicap or represents a club other than Clube Palheiro Golfe, his or her student status and membership will be cancelled and there will be no right to a refund.
- 7.1.8. Absences from classes and activities do not give rise to the right to a refund/credit of instalments paid and/or owed.

PGTA matters that may not be covered by these regulations and that require attention and/or deliberation will be considered on a case-by-case basis by the PGTA Team and the Clube Palheiro Golfe Management.

VIII. National Representation Criteria

8.1. General criteria

- a) Players qualified through Regional Championships will be invited to be part of a team to take part in some national tournaments organised by the Portuguese Golf Federation (FPG). These players will receive special support according to the Club's budget.
- b) In order for a player to be selected for the team, they must be a member of Clube Palheiro Golfe with their membership and monthly fee up to date, for a minimum period of 3 months, coinciding with the dates of the respective tournaments, and registered with the FPG by Clube Palheiro Golfe by 31st March.
- c) All players selected to be part of the team must respect the pre-defined parameters.
- d) All team members will be given Clube Palheiro Golfe equipment which must always be used in the Club's internal tournaments, Junior Academy and FPG Tournaments (except when there is equipment provided by the FPG).

The criteria will be based on the performance of all athletes at the time of the tournaments, in the disciplines in which they are played, namely:

- HCP;
- Gross results in the Club's Orders of Merit (OM) for the previous year and the current year;
- Gross results in FPG tournaments (e.g. Drive Challenge Madeira);
- Athlete history:
 - Attendance and punctuality (includes autonomous training sessions);
 - Participation in club tournaments;
 - Respect for others;
 - School grades.

The following expenses will be borne by Palheiro Golf Club for the selected juniors:

- ✓ Air travel;
- ✓ Transport;
- ✓ Accommodation;
- ✓ Food and expenses on the golf course (trolleys, practice balls and practice round);

- ✓ Technical support (coach or coordinator present at competitions).

Each year Palheiro Golf Club undertakes to send all parents and guardians information about the proposed trips to the National Tournaments, following their approval. On the basis of this information, the parents of the selected athletes are asked to pay a sum of money in support of the various expenses involved in taking part in the tournaments in question.

8.2. Players' duties

Participate in at least 70% of the club's Junior Academy tournaments from October 1st of the previous year and until June 31st of the current year.

- ✓ Participate in at least 30% of the Club's tournaments starting from September 1st of the previous year and until August 31st of the current year.
- ✓ Help new members to join the Club.
- ✓ Be an external and internal ambassador for the Club and the Field.
- ✓ Be active in improving the services offered by Clube & Campo.
- ✓ Whenever you are representing the club, you must present yourself with its equipment.
- ✓ Always play according to the rules of golf and etiquette.
- ✓ Respect the decisions made by the Technical Committee.

8.2.1. A player may no longer qualify/call up for the following reasons

- ✓ No longer have monthly fees for the Junior Academy, Clube Palheiro Golfe, up to date.
- ✓ Failing to meet the pre-defined criteria for the competition in which participation is involved (e.g. maximum HCP criteria).
- ✓ Failure to comply with the obligations defined in points 1.1. and 1.2..
- ✓ For disciplinary reasons.
- ✓ At the request of the player, at least 2 months in advance before the competitions in which he qualified, under penalty of having to cover the expenses already covered by Clube Palheiro Golfe.

8.2.2. Assessment Periods for qualified athletes

The evaluations of the juniors, who make up the qualified team, will take into account the performance of the players in the evaluations carried out by the Junior Academy on a periodic basis.

8.3. Period for defining qualified athletes

The appointment of teams must take place up to 1 month before the opening of registrations by the FPG, and may be adjusted depending on the results of the OM, the current year, and/or other parameters under analysis, up to a week before registrations close for the event as defined by FPG.

IX. Contacts and Communications

In this chapter, we will cover Palheiro Golf's comprehensive emergency plan, which aims to ensure the safety of players, visitors and employees in various situations, including adverse weather conditions, pandemics such as COVID-19, health issues and accidents on the golf course. It is essential that everyone is aware of the procedures to be followed in different emergency scenarios.

9.1. Supervision and proactive action

Palheiro Golf maintains a constant control system to detect and respond to any emergency situation, regardless of its nature. That includes:

- Monitoring of weather conditions in real time.
- Preparedness to deal with accidents on the golf course.
- Surveillance of the public health situation, including pandemics such as COVID-19.

9.2. Communication and notification

In the event of an emergency, players, visitors and employees will be promptly informed via:

- Text messaging.
- Informative emails.
- Updates on social media ([instagram @clubepalheirogolfe](#) | [facebook](#)) and on the [official website](#) of Clube Palheiro Golfe.
- Visual communications in common areas.

9.3. Specific security measures

- **Accidents on the Course:** In the event of accidents on the golf course, Palheiro Golf has quick response protocols. Players and staff are encouraged to report incidents and accidents immediately to ensure appropriate assistance.

- **Health Issues:** In cases of sudden health problems or medical emergencies on the golf course, we have prepared personnel and access to first aid equipment.
- **COVID-19:** In response to COVID-19, or other pandemics, we have implemented strict hygiene, social distancing and mask-wearing measures, in accordance with guidance from health authorities.

9.4. Evacuation and emergency shelters

For all emergency situations, Palheiro Golf has evacuation procedures and emergency shelters in place. Meeting points and shelters are clearly signposted throughout the site.

9.5. Safe return

The return to normal activities will only be authorized when the emergency situation is under control and the competent authorities or the Palheiro Golf security team consider it safe.

This chapter provides an overview of our commitment to the safety and well-being of everyone involved at Palheiro Golf, regardless of the nature of the emergency. Please ensure you are familiar with these procedures to ensure a safe and smooth experience at our golf course.

X. Attachments

10.1. Sports Medical Examination

The sports medical examination (SME) is, by legal determination, mandatory for all those who wish to join federations with public sporting

benefits. Therefore, the EMD must be submitted at the time of registration by your student and is valid for one year.

- Form can be downloaded at: ipdj.gov.pt
- More information on the subject by [clicking here](#) (07/2021 Circular at fpg.pt).

Note: We inform you that Clube Palheiro Golfe has a protocol with [AVASAD](#) in which all members, when carrying out their EMD, at the aforementioned Clinic, will have a cost of just €14.00.

The **EMD insertion process is personal** and must be carried out by each student's guardian on the [myFPG](#) platform (at: <https://my.fpg.pt/>).

When accessing the website, you must register your student, using the federated number*, and you will then receive an email (the one indicated on your student's registration form) with the information necessary to proceed with the registration.

* *Note: How can I check my student's federated number?

1st Click on the handicap list query, [clicking here](#);

2nd Search by first and last name (you can put Clube, Palheiro in the section to reduce the search) and you will find the federated number (No.Fed.) of your student in the column corresponding to their name (5-digit number).

After registration, you must access the bar, in the upper right corner, which indicates "Submission of documents" click on "Send" -> fill in the "Description" field with the mention: sports medical examination -> click on "Choose file" (only files in pdf, jpg, jpeg and png formats are accepted) -> and click on "Send document", or alternatively send by email to licencas@fpg.pt.

The myFPG platform is also useful for your student(s), because it allows you to participate in Regional and National Competitions in addition to checking the evolution of your game/handicap.

MINISTÉRIO DA EDUCAÇÃO
SECRETARIA DE ESTADO DA JUVENTUDE E DO DESPORTO
INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I.P.

EXAME MÉDICO DESPORTIVO

PARA A FEDERAÇÃO OU ASSOCIAÇÃO

DATA _____
NOME _____
C.C. _____
D. NASCIMENTO _____ NACIONALIDADE _____
MORADA _____
C. POSTAL _____ LOCALIDADE _____ TEL _____
CLUBE _____ MODALIDADE _____ ESCALÃO _____
NOME/MÉDICO _____

COLAR VINHETA DO MÉDICO
DO
CARANHO DA INSTITUIÇÃO PÚBLICA DE
MEDICINA DESPORTIVA

DECISÃO MÉDICA

APRESENTA CONTRIBUIÇÃO PARA A PRÁTICA
DA SOCIEDADE

NÃO APRESENTA CONTRIBUIÇÃO PARA A
PRÁTICA DA MODALIDADE COM OS REQUISITOS
OUMS

ASSINATURA DO MÉDICO
CÉLULA PROFISSIONAL Nº _____