

  
**LES MIELLES**

Coronavirus **COVID-19**

**YOU  
HAVE THE  
POWER**



**ADVICE REGARDING  
CORONAVIRUS  
COVID-19**

**STOP THE SPREAD OF CORONAVIRUS**



If you are worried you may have the symptoms of coronavirus, please call the Government of Jersey helpline on **01534 445566** between 8am and 8pm.

# OUR ADVICE

At Les Mielles, We are monitoring official advice regarding the Coronavirus situation and have up-dated our health and safety procedures to ensure that hygiene standards are maintained at this time. Roccas Restaurant, Activity Centre, Pro Shop, Driving Range, Putting Green and Fishing, have all been closed until further notice. The only activity we have kept open is the Golf Course with new Terms of Play in line with the Government of Jersey (See Page 4).

Teas, Coffes and Soft Drinks are available for takeout only with no sitting areas provided.

Golf can be considered one of the safest pursuits in these uncertain times, enjoying the health benefits of fresh air, the countryside, and exercise is important. We would like to pass on to our golfers some recommended guidance and suggestions for your wellbeing.

## Can't get Hand Sanitiser?

We suggest the following hand sanitiser recipe to make your own.



### What you'll need:

3/4 cup of isopropyl or rubbing alcohol (99 percent)  
1/4 cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of alcohol)  
10 drops of essential oil, such as lavender oil, or you can use lemon juice instead

### Directions:

Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container.  
Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel.  
Pour the ingredients into an empty bottle for easy use, and label it "hand sanitizer."



As stated from the Government of Jersey on March 29th, 2020. "As large open spaces, golf courses can stay open as long as social distancing is fully observed and monitored, ensuring there is no congregation whatsoever on the course or in other outdoor spaces such as car parks. All indoor facilities (clubhouses, changing rooms) must remain closed."



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# OUR ADVICE CONTINUED

Those 1st- and 9th-hole handshakes?

This should not be conducted in line with the Social Distancing 2 metre Rule.

Buy some sanitiser! and use it, that extra space in your golf bag next to your tees or balls? Put your hand sanitizer there, and use it before and after your round of golf.

“Precaution is the name of the game. It’s very reasonable to play if you are smart about it and follow the proper guidance... “You’ll have to follow precautions that you normally wouldn’t have to, but it’s worth the effort. “  
“Do not golf if you’re sick,” “Do not spread the infection. We don’t want you to put someone else at risk just to play the game.” “In a lot of cases, you know how you feel, and if you’re feeling the symptoms, hold off for now and get back to the game at a later date.”

Washing your hands with soap and water is best, but hand sanitiser is a good second option.

## SOCIAL DISTANCING

Social distancing means limiting contact with people outside your household as far as you can.

Social distancing means everyone in Jersey should observe the following principles strictly:

- Reduce contact with people outside your household
- Keep a distance of at least 2 metres (6 feet) between you and other people when outside your home
- Avoid public gatherings and all venues and businesses where social distancing is not possible or promoted by the venue
- Stay home whenever possible, including working and studying from home whenever it is possible to do so

Please consider social distancing when parking in the car park – we advise leaving a space between your car and someone else's.



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# LEVEL 3 - WELLBEING IMPROVEMENTS



INCREASE THE TIME ALLOWED OUTSIDE YOUR HOME FROM 4 TO 6 HOURS PER DAY.



SPEND TIME OUTSIDE YOUR HOME FOR ANY OUTDOOR ACTIVITY, NOT JUST FOR EXERCISE, SHOPPING OR MEDICAL NEEDS.



MEET WITH UP TO 5 PEOPLE FROM OUTSIDE YOUR IMMEDIATE HOUSEHOLD FOR OUTDOOR ACTIVITIES AT A 2 METRE (6 FEET) SOCIAL DISTANCE.



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# TERMS AND CONDITIONS OF PLAY



Golfers are limited to One Round of 9 or 18 Holes Per Day. All tee times are in 2 balls, every 5 minutes and can be booked by Members or Guests. Tee times are available 7am - 6.30pm daily.

Members/Guests can ONLY book a maximum of 2 tee times. Junior members/visitors must be accompanied/supervised by an adult. This is to ensure that all Golfers have a fair chance of playing 9 or 18 holes on the course. Competitions also are not permitted.

## BOOKING YOUR GOLF

All tee times must be pre-booked and guests pre-paid. Golfers must not come down to the golf course without having pre-booked a slot either by phone or online to avoid unnecessary congregation.

Slots can be booked via the ESP online booking system at

**[www.lesmielles.com](http://www.lesmielles.com)**

1. Select the "BOOK" tab
2. Select either "Members" or "Visitors" tab
3. Select "Golf" tab
4. Select the day that you want to book
5. Select the required tee-time

Members can simply complete the booking. Members booking for guests, or guests booking for themselves, must make a payment to confirm the booking.

All Members and Guests can book slots online as long as they are registered with our site. if you book as a one ball, no one else can book into that slot. To book two people in one slot, both names must be put into the booking at the same time. For any problems/questions regarding online booking please email [customerservices@lesmielles.com](mailto:customerservices@lesmielles.com)



## CANCELLATIONS

If Members/Guests are unable to make a booked tee-time, they must endeavour to cancel it giving 24hrs notice.

Members and Guests can cancel tee-times over the phone on 01534 482787, if no one is available to answer please leave a clear voicemail stating your name, tee off time and that you wish to cancel.

## COURSE RANGER

The Course Ranger has full authority and has a responsibility to ensure that play on the course is carried out within the acceptable COVID-19 Guidelines from Gov.je and making sure people do not congregate in the carpark or whilst visiting the Clubhouse area. They are also permitted to ask you to leave the premises or ban you until further notice if rules aren't respected.

To Contact the Course Ranger, please call 07797 833817.

### Seniors Golf Day

Mondays on the North Side will only be available to Senior Golfers Until 2pm.



You Must Prebook Online or over the Phone to avoid unnecessary congregation and to be able to gauge if the course is busy, you cannot just turn up and book, members doing this may be asked to leave the premises. Anyone with underlying health conditions are still advised not to play golf.

The "Extremely Vulnerable" a serperate group of people, should be isolating at home and go out "as little as possible" - Jersey's Chief Minister



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# GOLF RULES

We have increased safety requirements for all golfers when playing on the course. All indoor facilities (the clubhouse, Restaurant and changing rooms) are closed to the public. Golfers are only permitted to play 9 or 18 Holes only once per day to adhere to the strict 6-hour lockdown policy.



## 2 METRES (6 Feet) MINIMUM SOCIAL DISTANCING

To help ensure that golfers adhere to the 2 Metres/ 6 Feet Minimum Social Distancing rules, play is restricted to one and two balls only.

## SCORECARDS AND SCORING

If physical scorecards are used players must not exchange cards but rather verbally communicate the hole-by-hole scores at a 2 Metre/ 6 Feet distance.

## 1/2 BALL BOOKINGS

when booking a one ball - this automatically reserves a two ball slot. when booking a two ball - both players must be entered at the time of booking

## DO NOT TOUCH FLAGSTICKS

The course has introduced a code of conduct requesting that golfers do not remove (or even touch) the Flagstick.

- To minimize exposure to COVID-19, we are introducing a code of conduct that prohibits golfers from touching or removing the flagstick as is authorized under Rule 1.2b, such a code could also include penalties (such as one penalty stroke or the general penalty) if a player is in breach.

## MODIFICATIONS TO THE HOLE

We have placed plastic carpeting into each hole that sits half just under the edge of the cup so a ball is unable to fall to the base.

- If it hits the Pin... Its In!

## BUNKERS AND RAKES

Bunker rakes have been removed from all bunkers. We would encourage golfers to try their best to smooth the disturbed area with a foot or a golf club. Golfers can play their ball if it lies in the bunker or choose to take relief in or from a bunker under Rule 16.1

- The course has declared all bunkers to be ground under repair. Golfers should treat them as part of the general area. This allows players the option to take free relief within the bunker or outside the bunker under Rule 16.1.

## 9 OR 18 HOLES

To help ensure golfers adhere to the 6-hour lockdown restrictions. Golfers will only be permitted to play 9 or 18 Holes once per day teeing off from the 1st or 10th tee. Remember that travelling to the Golf Course is part of your 6 hours.



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# HOW TO PREVENT



## Wash

your hands well and often to avoid contamination



## Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissues



## Avoid

touching eyes, nose, or mouth with unwashed hands



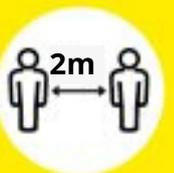
## Clean

and disinfect frequently touched objects and surfaces



## Stop

shaking hands or hugging when saying hello or greeting other people



## Distance

yourself at least 2 metres (6 feet) away from other people especially those who might be unwell.



## Clean Phones

every 90 minutes with an alcoholic hand sanitiser



## Clean Credit Cards

after use with an alcoholic hand sanitiser



## No Cash

to be used for payments. please only use your Card, Contactless or Mobile



## Unisex Toilets

Are now available outdoor access and exits only. access to the clubhouse is still prohibited.



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# Q&A



# LES MIELLES

## 1. How should you handle your golf clubs?

"You should use your sanitiser to wipe down the grips, heads of the clubs, handles of carts and bags, areas that you touch whilst playing golf "

## 2. How should you handle golf balls?

Use your sanitiser to clean the ball before and after your round of golf. "If you're picking up random golf balls, - sanitize them and your hands, don't touch your mouth., "

## 3. How should you handle your golf glove?

Suggest you sanitise your glove, too, though not ideal, as it will create some slickness.

## 4. How should you handle the golf cart?

Golf Carts will be given priority access to people with disabilities. Carts will be wiped down before and after use per Coronavirus COVID-19 Cleaning Procedures. No other Hire equipment is available, including Pull Trolleys, Clubs and Towels.

## 5. How should you handle your mobile during the round?

"Keep it in your pocket, somewhere where it's not put directly in a public place, "While using the phone, try to keep it on one person. If you have a phone that can be wiped down, that's ideal. Hygiene - Just use common sense."

## 6. How should you handle playing partners?

If you're playing with a friend or family member, check that they're feeling well.

If you know the people booked before/after you on the same side - please keep to your slot. Any sighting of people joining together once out on the course will be banned until further notice to keep everyone safe per Social Distancing Guidelines and our 1 or 2 ball Policy.



Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Rare	No	Sometimes for children	No

\*Information is still evolving. \*\*Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention

Enjoy yourself and stay safe! From all of us at  
Les Mielles Golf & Country Club.



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