



CLUB ADVISORY

No. 10-2025

As we enter the peak of the summer season, we anticipate persistently high temperatures and an elevated heat index in the coming days. To ensure your safety and well-being while enjoying the courses and facilities of the Club, we kindly remind everyone to take necessary precautions.

- **STAY HYDRATED** and limit your consumption of caffeinated and alcoholic beverages.
- **USE SUN PROTECTION** to shield yourself from harmful UV exposure.
- **DRESS APPROPRIATELY** by wearing lightweight, breathable, and light-colored clothing.
- **TAKE BREAKS** when engaging in outdoor activities.
- **BE MINDFUL OF HEAT-RELATED SYMPTOMS** such as dizziness, excessive sweating, nausea, or fatigue.
- **PLAN YOUR ACTIVITIES ACCORDINGLY**—whenever possible, avoid strenuous tasks during peak heat hours (10:00 AM to 4:00 PM).
- **STAY INFORMED ABOUT THE DAY'S HEAT INDEX** through our Club Marshals, who patrol the premises to inform members and guests when the heat index reaches 39°C.

Should you require any emergency assistance, please call our **EMERGENCY HOTLINE** at **0917-634-2280**.

We appreciate your cooperation and look forward to ensuring a safe and enjoyable experience for you at The Orchard.

The Management