

Your first disc golf tournament

A calm, practical pre-round checklist

Print this page or keep it on your phone. The event organiser's latest briefing takes priority.

Before you leave

- ☐ Confirm your entry, check-in window, tee time and latest event notes.
- ☐ Save the venue address, route and parking instructions.
- ☐ Check the forecast and plan layers, footwear and sun or rain protection.
- ☐ Tell someone your plan if you are travelling alone or heading somewhere unfamiliar.

Pack what you will use

- ☐ Your familiar discs, plus any spares you actually throw.
- ☐ Mini marker and towel, if you use them.
- ☐ Water and food for the time you expect to be out.
- ☐ Comfortable shoes and a warm or waterproof layer.
- ☐ Hat, sunscreen and any personal medication you need.
- ☐ Charged phone; power bank if useful.
- ☐ Small bag for rubbish and wet or muddy gear.

When you arrive

- ☐ Check in and confirm your card, start time, starting hole and scoring method.
- ☐ Read the event briefing, course map, safety notices and local instructions.
- ☐ Find toilets, water, the warm-up area and where bags may be left.
- ☐ Ask the organiser if anything is unclear; do not guess about event-specific details.
- ☐ Warm up in the designated area and leave enough time to reach your start.

During the round

- ☐ Keep pace with your group and be ready when it is your turn.
- ☐ Watch every throw and give other groups and park users room.
- ☐ Record each score promptly using the method the event specified.
- ☐ Drink, eat and adjust layers before you feel rushed or uncomfortable.

At the finish

- ☐ Check the card together and submit scores as directed.
- ☐ Collect your discs and belongings; take your rubbish with you.
- ☐ Thank the organisers and note one thing you would like to practise.