

WORST-CASE SCENARIO®

HOW TO SURVIVE BEING HIT IN THE GOOLIES

“Goolies” is a Scottish term, used at St. Andrews and elsewhere, that refers to the “privates,” or the groin area.

- 1 Lie down immediately.**
Do not walk around. Cover your private parts to shield the area from further injury (and embarrassment). Clutching yourself will probably be your natural reaction to being hit by a club head or ball.
- 2 Apply a cold pack to the injured area to reduce swelling.**
Use ice in a bag or cloth, or a cold can of soda or beer. This will help reduce the swelling and the pain.
- 3 Do not apply too much pressure.**
Extreme pressure may cause more pain.
- 4 If the pain is significant and does not subside within a few minutes, inspect the injury.**
Remove your pants to get a better look at the swelling and check for any irregularities.
- 5 If the pain lasts more than an hour, or if the area is significantly bruised, seek medical attention.**