



# Should I take my child to the golf driving range ?

**Donna Lee,**  
**Founder & Director of Instructional Development, KinderGolf**

To answer this question that's often asked, we should consider the following :

## **Safety**

The safety of each child is of the utmost importance in every parent's mind. Most driving ranges do not have special areas allocated for children, especially young children, whose natural curiosity to explore may put them at risk of being hit by an errant golf club or ball, the consequences which can be grave and permanent.

## **Right Fundamentals**

Most children learn by replicating what they see. There is a wide variation and standards of golf swings at the driving range, with different golfers working on different objectives and parts of their swings. Exposing a child to this miscellany before he has a strong golf foundation would at best confuse him and at worst have him develop incorrect swing mechanics and golf concepts.

## **Sport Injury**

While sports injuries are inherent in any sports, injuries to young fragile bodies unfortunately can have long lasting impact to the child's future sporting ability. In the case of golf, this risk of long term sports injury is compounded when the child's golf swing is not fully developed and for example, hits the ground on his downswing by mistake. The impact and shock reverberated from the ground along the club could seriously hurt his tender and young arms and elbows.

## **Passion for Golf**

Similar to building a strong house, developing a child's golf swing takes the proper design, good material and patience over a period of time. There is no short cut. Imbue your child with a love and passion for golf and work with realistic goals in mind. While some children will turn out to be the next swimming star or bowling great, do remember that a fun and enriching experience is fundamental to his healthy development.

In summary, while a driving range can complement your child's golf development, do consider bringing him only when he's ready.

***“Your child should be having fun, irrespective of the rate of progress he is making. All children, with their inert ability to learn, will progress and become better at their own time.”***

