



The Basics

What makes up a course?

COMPONENTS Three basic components go into course design; baskets, tee signs, and tee pads. Additional items to consider in your design and budget are a practice putting area, benches, garbage cans, pro shop and landscaping. Sometimes existing parks may already have many of these items in place.



Baskets

EQUIPMENT Disc golf baskets are the most important components of a disc golf course. The model you choose to install on your course depends on your course design objectives.



Tees and tee signs

TERRAIN For each hole, a tee provides a firm and level foundation from which to start play. Tee signs are the map to the hole providing important information like the distance, par, flight path, hazards, and out of bound areas.



Discs

GEAR Today's disc golf players use many different discs, depending on the course layout. There are drivers, mid-range, and putt and approach discs.



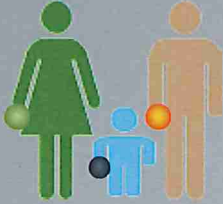
Disc golf course growth

The number of courses in the U.S. has doubled in the past eight years and an estimated 8-12 million people have played the sport at least once. Disc golf's popularity is exploding unlike ever before. 1,800 courses were installed in the U.S. during the sport's first 30 years. Starting around 2007, the U.S. added over 1,300 new courses in just six years.

Photo By: Wes Albers

Benefits of Disc Golf Development

All inclusive and healthy



Disc golf is easy to play and fun. The sport is family friendly, ageless, low impact and a safe exercise for boys, girls, teens and adults. While an outdoor physical activity, disc golf is also a cognitive sport utilizing the mental processes involving visualization, planning, spacial judging and problem-solving disc flight paths.

Environmentally Friendly



Disc golf gets people outside and exposes them to the park system and healthy outdoor activities. Unlike other park amenities, disc golf does not require specialized sport facilities, buildings or extensive land development, and it uses an area's existing topography. There is no clear-cutting trees, grading land, costly fertilizer, or mowing maintenance necessary.

Low costs and bang for the buck

Disc golf courses are inexpensive to install and the game is affordable to play. Courses attract new people to park's systems and support the local businesses.

Use of under-utilized land

Disc golf is very flexible to different topography and varied terrain is best. Trees, shrubs, hills, creeks and lakes offer more obstacles and challenge on a course. Courses are found on old landfills and around reservoirs with hundred year flood buffer considerations. In sensitive land use areas where land disturbance need to be kept low, baskets are mounted in above ground concrete forms.

Why



Disc Golf?

Low development cost, ease of construction, inexpensive to play, easy to maintain, healthy, fun and environmentally friendly, all contribute to the sport's proven success.



Displace bad use of park space

The sport serves as a crime deterrent as the course attracts positive and dedicated Disc Golf players. Disc Golf clubs who bring a beneficial element to the area take on an active role as stewards of the courses. The players tend to make sure the course and area is in good shape and taken care of.



Proven success

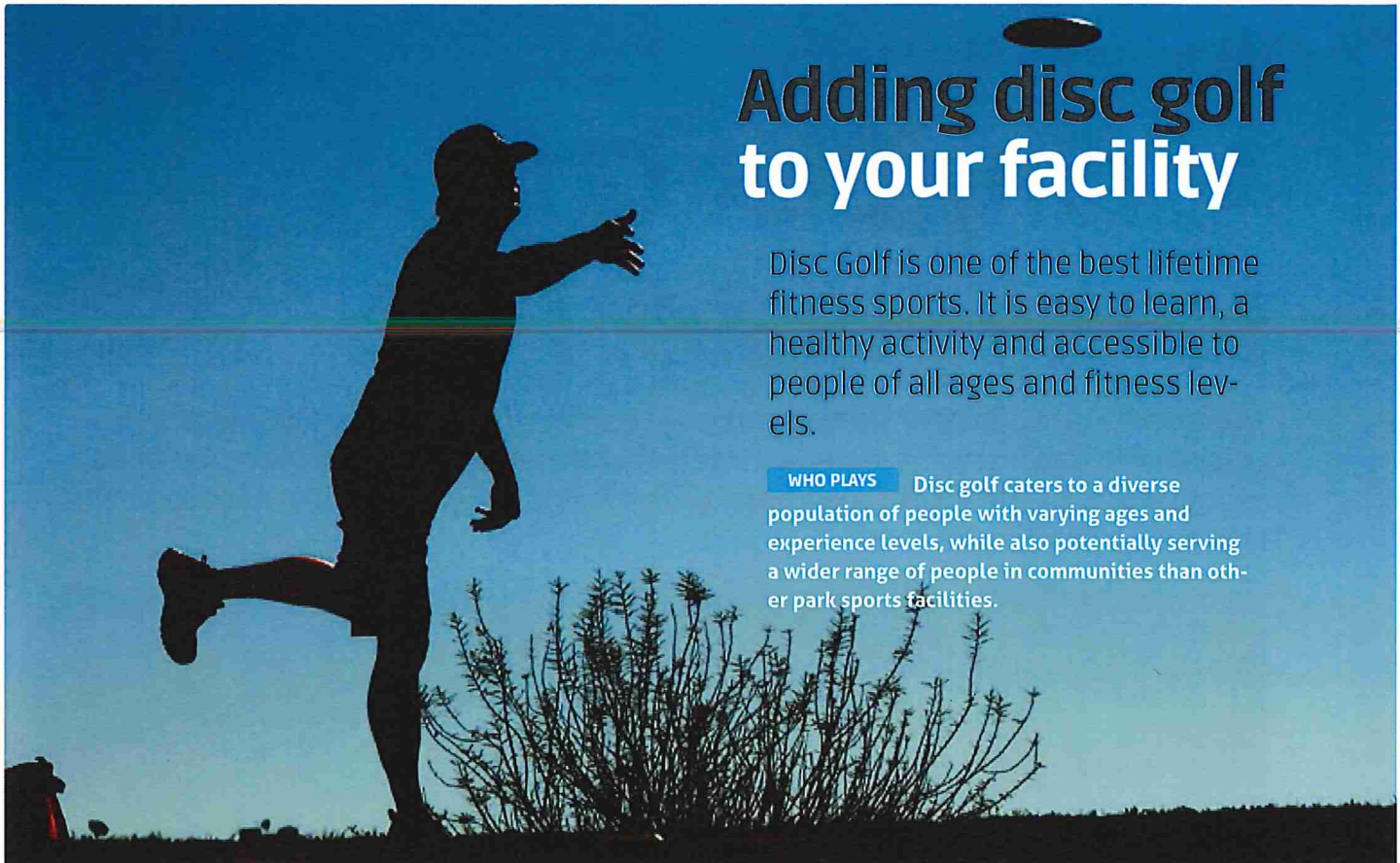
The incredible growth of the sport speaks for itself.

Disc golf has been very beneficial for the Kalamazoo Parks system... We've received a lot of extra visitors and attention because of the game. Disc golfers are in the park 365 days a year. Whatever the season, whatever the weather, I see players on the course. That's what is exciting to me. We have something that attracts people all year round. We've had ice fishing and cross country skiing for years, but disc golf is now our biggest winter activity. If you build it they will come.

Bob Gregersen,
Kalamazoo's County Parks
Director

We had a problem with vandalism in certain areas of the park, but after the disc golf course was built, the increased activity in the park really decreased vandalism. It only takes a piece of park space that wasn't being used and makes it an important part of the park system.

Rich Dippel
South St. Paul, Minnesota
Director Parks & Recreation



Adding disc golf to your facility

Disc Golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels.

WHO PLAYS Disc golf caters to a diverse population of people with varying ages and experience levels, while also potentially serving a wider range of people in communities than other park sports facilities.

Photo By: Conrad Meyer

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POPULARITY

- Disc Golf is one of the fastest growing sports and one of the top amenities park departments plan to add to their facilities.
- As of 2014, the PDGA lists 3684 disc golf courses in the U.S., and over 4,723 courses worldwide.
- An estimated 12 million people have played disc golf and there are an estimated 2 million current active players.

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HEALTH BENEFITS

- Disc golf is a great low impact, physically active sport. Disc golfers walk close to three miles or an average of about 5,613 steps per 18-hole round.
- Researchers have found improvements in self-esteem and mood after exercising outdoors.
- It's been found that children with ADHD seem to focus better after being outdoors.

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ANYONE CAN PLAY

- Disc golf is known as the "Ageless Sport" where people of all ages can play.
- Friends and family with different skill abilities and levels of health can play together.
- Most courses are free to the public and discs are inexpensive.
- If you can throw a Frisbee you can begin playing disc golf.

