



Golf Canada – Handicap

To record your golf score and obtain a Handicap, follow these steps:

1. Go to Golf Canada website www.golfcanada.ca

2. Enter your Username and Password and click

Login

Email or Username Password

Retrieve your password

If you have lost or forgotten your Username/password, contact the Pro Shop

3. The *My Golf Life* page will be displayed

My Golf Life

My Home Club:
River Spirit Golf Club

My Course:
River Spirit Golf Club - Cattails/Spirit

My Players My Courses

No records to display.

4. Maximum Score allowed – on any hole

Course Handicap	Maximum Score - on any Hole
9 or less	Double Bogey
10 thru 19	7
20 thru 29	8
30 thru 39	9
40 or more	10



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5. Under *My Score Centre*, select

Enter Score

6. Post Score by selecting

- *Entry Type* → check **Total Score**
- *Play Date*--> click on Calendar icon
- *Course*

Course	Location
River Spirit Golf Club - Cattails/Spirit	Calgary, AB
River Spirit Golf Club - Millburn/Cattails	Calgary, AB

- *Holes*

Back 9
18 Holes
Front 9
Back 9

- *Tee*

Tee Red

- *Adjusted Gross Score* in the box

Adjusted Gross Score:

- then

Post Score

7. *Logout*

Logout

8. You need ten 9-hole scores and/or five 18-hole scores to obtain a handicap.