

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





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

3. The My Golf Life page will be displayed



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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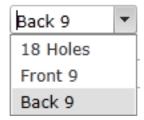
5. Under My Score Centre, select

Enter Score

- 6. Post Score by selecting
 - o Entry Type → check **Total Score**
 - o Play Date--> click on Calendar icon
 - o Course

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

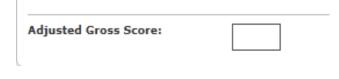
o Holes



o Tee



o Adjusted Gross Score in the box



o then Post Score



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