KEEP CALM

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ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM GOLF

Member Guide

MEMBER GUIDE

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WHAT KEEP CALM GOLF IS

Keep Calm Golf is part of the Keep Calm community for English speakers in Barcelona, a not-for-profit, volunteer-run group built on inclusivity, reliability and collaboration. It is a friendly group for golfers of every level: complete beginners, people coming back after years away, and experienced players looking for a game.

There is no club, no membership and no fee. It is a WhatsApp group where members find each other, swap tips about where to play, and organise outings together. Every group and every event is 18+.

HOW IT WORKS

Golf here is organised by members, not by a committee. There is no fixed schedule and nothing is booked for you. A typical week looks like this:

- Someone posts an idea with a place, a day and a rough price, for example a driving range session on Friday afternoon, a pitch and putt round, or a last-minute twilight round.
- Others reply if they are in, and the details move to direct messages if needed.
- Everyone pays the venue for themselves: a green fee, range tokens, rental clubs or a lesson.

From time to time a member organises something bigger. Our first group social is an **indoor simulator evening**: a member has booked screens so a small group can play a round on the big screen with a drink in hand.

If you fancy a game and nothing is posted, post it yourself. Plans with a clear place, day and price get the best response.

WAYS TO PLAY

Indoor simulators and lessons. The easiest way to start. Clubs are provided, and lessons or casual sessions run in the city, so you do not need a car. Members have used places such as Smyle Golf, Depique, Golf Art and Eagle Club. Lessons typically cost somewhere around 40 to 50 euros each for individual sessions, with group sessions priced per bay.

Driving ranges. A cheap way to practise your swing. There are ranges at courses such as Valles Golf and La Roca, and a small net range in Poblenou in the city where you can rent a bucket of balls and borrow clubs. Some ranges charge a practice fee on top of the balls unless you are playing a round, so ask before you go.

Pitch and putt. Smaller courses where every hole is a par 3, with short distances and artificial turf tees. They are cheap, usually roughly 12 to 23 euros a round, and you do not need a federation card.

Members play at courses such as Badalona, Teia (reachable by train), Roc3, Can Cuyas and others around the city.

Full courses. Longer and more expensive, with the cheapest green fees we hear about starting around 50 euros. Some courses ask for a federation card or a visitor fee, and some are private, so you can only play as a member's guest or in a tournament. La Roca can be reached by train plus a short walk. Most others are far easier with a car.

Friendly tournaments. Third-party organisers around the area run relaxed monthly or weekly events, such as pitch and putt tournaments, society days and brunch tournaments. These are good for meeting people and are not run by Keep Calm. Ask in the group for current dates.

Prices above come from members' own recent experience and change, so always check with the venue before you go.

NEW TO GOLF?

Here is the route most members recommend:

1. Take a few lessons at an indoor simulator. Rental clubs are included.
2. After roughly ten to fifteen lessons, try a pitch and putt.
3. Then move up to a full course when you feel ready.

Individual lessons are usually the best way to learn the basics. If you would rather start with other beginners, say so in the group and see who is up for it.

You do not need your own clubs to begin. If you end up playing regularly, a second-hand set is a sensible first purchase.

GETTING THERE WITHOUT A CAR

Lots of us do not have one, and the group works around it:

- La Roca is reachable by train plus a short walk, and Teia pitch and putt is near a train station.
- Indoor simulators and the Poblenou net range are in the city.
- For courses that are hard to reach, share a taxi or ask for a lift in the group. Members offer lifts, so just ask.
- Renting a car for the day can also work for a bigger group.

HOW TO JOIN

Join the Keep Calm Golf WhatsApp group at keepcalm.fit/whatsapp/golf. There is no sign-up form and no booking system.

When you join, say hello. The group's usual introduction covers where you are from, your handicap (or just "beginner"), whether you have a car, where you usually play, and when you are free. It helps others plan games with you.

HANDICAPS AND FEDERATION CARDS

You do not need a federation card or a handicap to play pitch and putt, use a driving range, or take lessons. Many full courses prefer one, though visitors can often play without it at a higher fee. A new federation card usually starts with a high default handicap, often 36 for beginners, which comes down as you play and submit scorecards. If you are unsure, ask the group or check the course's visitor rules.

SAFETY AND INCLUSIVITY

All levels are genuinely welcome here, not as a formality. The group includes people who have never held a club, people who played years ago and are rusty, and experienced players. Rusty and beginner players are met with patience, and nobody is judged on handicap, clubs or score.

A few concrete things that keep it that way:

- **No one has to commit to a full round.** A driving range session or a simulator evening is a relaxed first step.
- **Experienced players are expected to be patient** and happy to share tips.
- **If you do not know anyone yet,** post a short introduction. Someone will usually reply, and group socials like the simulator evening are a relaxed way to meet people before a round.
- **You can pull out any time.** Tell the group if your plans change so others can adjust bookings.

On the course or at the range, follow each venue's rules, keep up a good pace, call "fore" if a ball is heading towards people, and look after the course. If you are unwell or injured, sit it out.

Taking part is at your own risk, and all Keep Calm groups are 18+. Our safety, data and conduct policies are at keepcalm.fit/policies.

ETIQUETTE

- Reply to plans you see, even with a quick "can't make it", so organisers know the numbers.

- If you say you are coming, make the effort to show up. Simulator bays and tee times are often booked for a set number of people.
- When someone books for the group, pay your share promptly.
- Agree car and taxi shares, and how to split the cost, before you set off.
- Keep the chat friendly and welcoming. Do not promote other groups, investment schemes or paid services.

FAQ

Do I need to be good? No. Beginners, returners and experienced players all play together.

Do I need my own clubs? No. Courses, ranges and simulators all offer rental clubs.

How much does it cost? The group is free. You pay the venue, so costs depend on what you choose: a few euros at a range, a pitch and putt round, a lesson, or a green fee at a full course.

Is there a regular weekly game? Not yet. Plans are posted by members. Weekday mornings and afternoons are in demand, so post your availability if that suits you.

Do I need a federation card? Not for pitch and putt, driving ranges or lessons. Some full courses ask for one.

Who organises it? Members do. Anyone can post a plan, and a few regulars help newcomers get started.

LINKS

- Join: keepcalm.fit/whatsapp/golf
- Community policies: keepcalm.fit/policies
- All Keep Calm activities: keepcalm.fit