Return 2 Play Training Guidelines

**Bowling**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Singles and Doubles</td>
<td>Moderate: Phase 3,4</td>
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</tbody>
</table>

**Guidelines**

**Phase 3**
- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Group of 50 or less may train together
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- No more than 4 training on same lane
- Coaches and volunteers should not be on the lane if at all possible due to confined spacing
- Athlete should bring own shoes and balls with name clearly marked
- If not possible, shoes should be sprayed with disinfectant before and after use and ball should be wiped including the finger holes with anti-bacterial wipes and allowed to dry before and after use
- Should strive to have 4 different colored balls per lane, if possible

**Phase 4**
- Train as normal

Phase 1: Low Risk Sports: 10 people or less, follow guidelines above
Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above
Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above
Phase 4: High Risk Sports: No Restrictions