



Return 2 Play Training Guidelines

Bowling

Activity	Sport Risk
Singles and Doubles	Moderate: Phase 3,4

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