

**Return to Play
Sport Training Plan – Bowling**



BOWLING		
Components	Phase 0 Virtual Competition	Phase 1 Small Group Activities and Remote Competition
Description of Phases	All fitness, training and coaching is done virtually	Small group activities (≤10 people) may resume while adhering to strict physical distancing and sanitation protocols
Recommended Activities, Skills & Drills	<ul style="list-style-type: none"> Join the Facebook Group, SOWI Fitness At Home Visit the SOWI COVID Resource Webpage for at home fitness training videos 	<ul style="list-style-type: none"> Join the Facebook Group, SOWI Fitness at Home Visit the SOWI COVID Resource webpage for sport-specific training videos Athletes are allowed to practice on their own under the guidance of guardians, caregivers, or housemates and submit qualifying scores to agency coach if unable to attend small group practices. This needs to be the print out from the lanes.
Pre-Training Precautions	<ul style="list-style-type: none"> Athletes should have a valid medical All other participants must sign Virtual Activities Release Form 	<ul style="list-style-type: none"> Participants travel independently to training sites and must wear face masks All Athletes must have a valid medical form on file with the State Office in order to practice and compete All Unified Partners must register as Class A Volunteers in order to practice and compete All participants must sign the SOWI COVID-19 Participant Release Form Individual hand sanitizer and disinfectant wipes must be provided to each bowling lane during practice and competition
Training Safety Requirements	<ul style="list-style-type: none"> Participants should practice before recording final scores for competition Participants should conduct warm-ups before every training session 	<ul style="list-style-type: none"> Educate participants on risks, PPE hygiene requirements, and physical distancing Spectators must remain in vehicles and are not allowed to congregate Face masks must be worn at all times Bowlers must stay >6 feet apart at all times No more than 8 athletes and 2 coaches at practice and no more than 2 bowlers per lane No fist-bumps, elbow-bumps, or high fives No hugs
Equipment Safety Requirements	<ul style="list-style-type: none"> Athlete must use their own equipment 	<ul style="list-style-type: none"> Athletes must use their own bowling ball. Bowlers are NOT allowed to share balls Athletes must use their own water bottle, towel

Commented [NC1]: Should we re-phrase this based on facility size and number of lanes?

Post Training Procedures	<ul style="list-style-type: none"> • Participants should conduct cool-downs after every training session 	<ul style="list-style-type: none"> • All equipment should be disinfected after practice • All participants should wear masks when leaving practice
Competition	<ul style="list-style-type: none"> • Virtual Competition • Qualifying Scores: none – all athletes can submit scores for final competition • Divisions & Awards: none – all athletes will receive participation awards • Events: At Home <i>Ten Pin Challenge</i> • Athletes will be recognized and celebrated during Virtual Celebration Ceremony 	<ul style="list-style-type: none"> • League Play <p>Qualifying Scores:</p> <ul style="list-style-type: none"> • Athletes will not submit a qualifying score with registration. • All athletes and unified partners must register through an accredited SOWI agency <p>Divisioning:</p> <ul style="list-style-type: none"> • Bowling Committee will division athletes halfway through the season based on scores from the first 3 weeks of competition. Division parameters will be determined at that time. <p>Competition (see Bowling COVID-19 Rules for additional details):</p> <ul style="list-style-type: none"> • Modified League Play: 7 weeks of bowling league play. The first week of competition will be Handicap Week – scores will be used to determine an athlete’s starting handicap, and will not count toward the final league average. The remaining 6 weeks will be official competition. • Bowlers will compete with their agencies or individually at their local bowling alleys. • Individual, Doubles, and Team bowlers will bowl two (2) games each week. Developmental and Ramp athletes will bowl one (1) game each week • Scores must be submitted by the agency manager or coach by 11:59pm every Sunday. • If an athlete misses a week, their score for that week will be their average minus ten points <p>Awards</p> <ul style="list-style-type: none"> • Awards will be mailed to agency managers after competition concludes • Athletes will be recognized and celebrated for participation during the Virtual Celebration Ceremony