



Sport Specific Guidelines

In-person Bowling can return to training and competition in Phase B, C, and D following the requirements outlined in the Return to Activities plan, as well as the specific Sport requirements listed below:

SOPA Requirements

Must ensure that the venue is following the PA Department of Health protocols.

Lanes

- No more than four (4) athletes permitted per lane.
- All games must be played on the same lane with no alternating between lanes.
- There must be an empty lane between athlete groups (i.e. Lanes 1, 3, 5 to be utilized and 2, 4, 6 to remain empty).
- There must be an empty lane between SOPA athletes and the general public.

Equipment

- No equipment should be shared between athletes.
- Each athlete must use their own ball.
- All balls must be sanitized before practice begins including house balls.
 - House balls must be sanitized by the COVID-19 Coordinator.
- Athletes are responsible for their own equipment including bowling bag, shoes, towels, gloves, rosin bag and ball.
- No other athletes, Unified partners or volunteers should touch equipment unless from the same household.
 - If equipment is shared, COVID-19 Coordinator must ensure all equipment is properly disinfected between participants.

Additional Guidance

- Must adhere to the more restrictive measure for lane spacing, alternating lanes, or alternating pairs, per bowling house.
- While at the bowling house, ensure athletes practice social distancing as outlined in the R2A plan.
- All participants (coaches, volunteers, athletes) are required to wear masks.
- No food or drink purchased from bowling house.
- No spectators allowed at this time.