



BOWLERS

RETURN TO PLAY

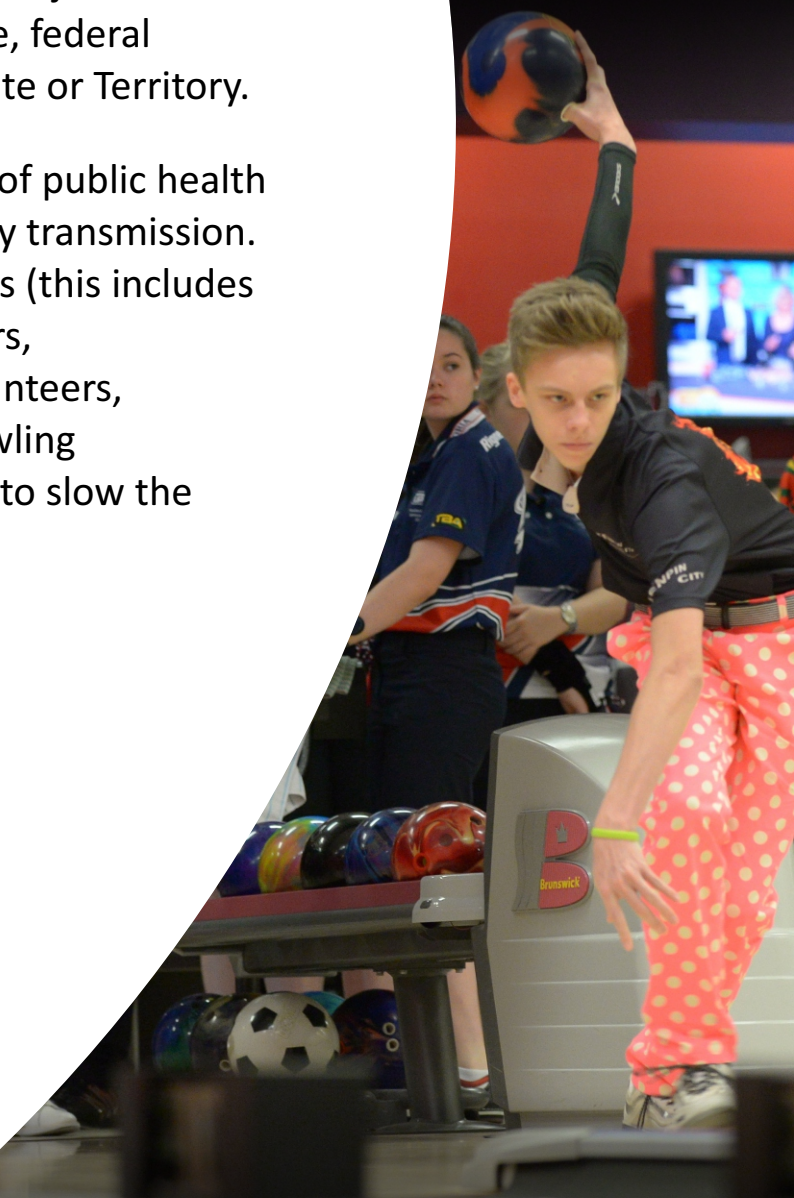
GUIDELINES



BOWLERS RETURN TO PLAY GUIDELINES

Tenpin Bowling Australia has developed the following guidelines to provide minimum standards for how tenpin bowling should resume in a cautious and methodical manner. These guidelines are based on the best available evidence and advice to optimise participant and community safety and should be used in conjunction with the directives and guidelines of the centre, federal government and those of the relevant State or Territory.

The priority must always be preservation of public health and minimisation of the risk of community transmission. All community tenpin bowling participants (this includes centre staff, social bowlers, league bowlers, parents/guardians, coaches, officials, volunteers, administrators, spectators and tenpin bowling organisations) must play a role in helping to slow the spread of COVID-19.



BOWLERS

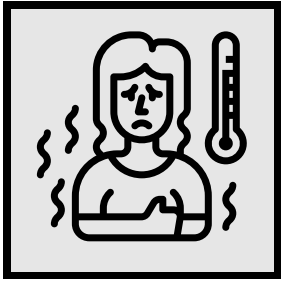
RETURN TO PLAY GUIDELINES

To minimise the risk of contracting or transmitting COVID-19, bowlers must adhere to the following:

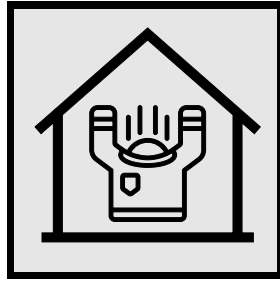
- Do not attend the centre if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend the centre for league or social play if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Bowlers should gradually return to training and competition to reduce the risk of injury.
- Consider vulnerable participants as they may be at increased risk.
- Apply a 'Get in, bowl and get out' philosophy.

Bowlers are:

- Encouraged to shower at home with soap before and after all activity and wash or sanitise your hands before, during and after league
- Encouraged to arrive at the centre ready to bowl.
- To bring all personal items to participate. For example, to bring and use only their own handtowel and drink bottle. Do not share with others.
- To avoid unnecessary body contact, for example no hand shaking or high fives.
- To maintain social distancing



DO NOT ATTEND
THE CENTRE IF YOU
ARE UNWELL



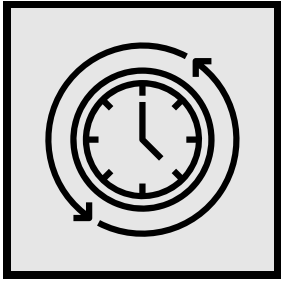
PREPARE & DRESS
AT HOME



STRETCH AND
WARMUP IN
CARPARK



WASH OR SANITISE
YOUR HANDS BEFORE
& AFTER PLAY



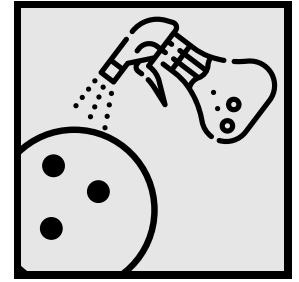
ARRIVE AT THE
CENTRE READY TO
BOWL



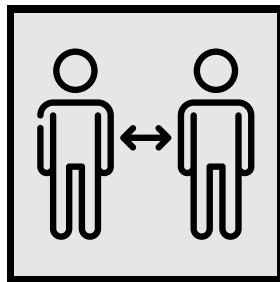
BRING ALL PERSONAL
ITEMS TO PARTICIPATE;
TOWEL & DRINK BOTTLE



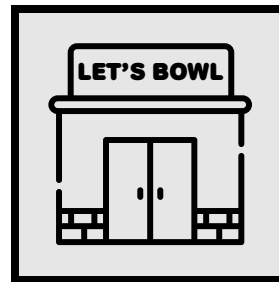
AVOID UNNECESSARY BODY
CONTACT - NO
HANDSHAKES OR HIGH FIVES



WIPE & CLEAN
BOWLING BALL AFTER
TRAINING AND GAMES



WHERE POSSIBLE
MAINTAIN SOCIAL
DISTANCING



ADHERE TO CENTRE
DIRECTIVES AS
PROVIDED

DO NOT ENTER THE CENTRE IF YOU EXHIBIT ANY OF THESE SYMPTOMS



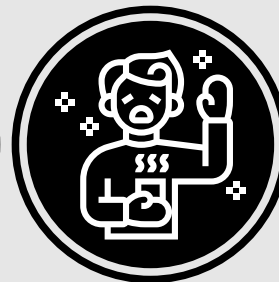
SORE THROAT



FEVER



COUGH



SHORTNESS OF BREATH



FATIGUE