



Coronavirus
COVID-19
Public Health
Advice



COVID-19 Protocols for

Tenpin Bowlers/Members

During the Roadmap for Reopening Society

**Always follow the Government Guidelines of
Good Hand Hygiene – Respiratory Etiquette –
Physical Distancing**

See Appendix A government update Nov. 2021.

The protocols in this document relate to the Irish Government's Roadmap for Reopening Society and Business.

This phase:

- Sporting activities may recommence in this phase provided that the issued protocols are adhered to by all clubs, bowlers, athletes, coaches, officials, volunteers, or any other relevant personnel.
- Physical distancing of 2m must be enforced and all people are responsible for actioning this requirement.

Tenpin Bowling is a safe, life-long, and family-friendly sport that caters for bowlers of all abilities. Tenpin Bowling provides both great physical and mental health benefits for our bowlers. However, we must ensure that all those participating in the sport can do so within a safe environment.

These protocols outline the robust measures the Irish Tenpin Bowling Association would like members and ITBA Lane Sanctioned bowling centres to implement and individual members to follow to maintain to help safeguard staff and members during the COVID-19 pandemic. This will allow all of us to get back on the bowling lanes, safely, improving the wellbeing of our members.

The protocols, which relate to the Roadmap for Reopening Irish Society and Business, cover each step of the journey from home to bowling centre and back home again.

These protocols should be in place seven days a week and until further notice.

Our protocols and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

ITBA GENERAL GUIDELINES ON THE MANAGEMENT AND CONDUCT OF PLAY

CORONAVIRUS COVID-19 NATIONAL PROGRAMME

COVID-19 is still having a major impact on Ireland. However, the expert advice is that progress on suppressing the virus, due to the huge effort of our citizens, means we can now bring forward our reopening roadmap.

As we continue to reopen the country, every step will be guided by scientific evidence and public health advice. It is really important to remember now, as things open up further, that personal responsibility and your own judgement are more important than ever.

We all must continue to do everything possible to avoid the virus spreading. By working together, we have saved lives and limited the impact of the disease on society. Continuing to adhere to public health advice will determine whether we continue to move forward to the remaining phases.

1. Before you Play

You must:

- Check with your GP prior to playing if you in a high-risk health category.
- Ensure your bowling center has conducted a risk assessment and check what protocols they have in place.
- Ensure your bowling center has up-to-date contact details for you.

You must stay at home if you:

- Have been in contact with someone with COVID-19 and is not vaccinated
- Have flu-like symptoms or are feeling unwell. The ongoing recommendation, that symptomatic individuals do not attend sporting activities or events until 48hrs symptom free, should continue.
- Are in a high-risk health category.

2. Attending Tenpin Bowling Activities

- Pre-arrange your lane time with your bowling centre so you know exactly what time you will be on the lanes, so that everyone is aware exactly what time to enter and vacate the bowling centre.
- Arrive and leave as close as possible to when you are due on the lanes.
- Bowlers, coaches, appointed officers, and spectators may attend tenpin bowling activities in a venue provided physical distancing measures can be maintained and there are no more than 100 people in the venue.
- The ITBA would suggest that only one parent/guardian should accompany any bowler under 18 years in order to limit number within the 100 restrictions in force.
- Bowlers must adhere to the guidelines set out by their bowling centres in terms of using facilities on-site such as changing rooms, toilets, and any other facilities which bowlers may have used prior to Covid-19.
- Players should, ideally, bring a small bottle of hand sanitizer with them and keep it in the pocket of their bag for use.
- While Public transport is operating at full capacity, Private Coach Tour activity is limited at 75% capacity with protective measures. Sporting Organization's organizing transport to/from events should implement private Coach Tour capacities (75%). Protective measures such as physical distancing, mask wearing etc. should also be implemented.

- In line with the return of public and private transport participants may wish to return to the use of carpooling. Private transport carrying those not yet vaccinated or of mixed immunity should be aware of the higher risk. The use of appropriate face coverings is recommended. If carpooling, consider use of a pod system in which the same participants pool together for all activities

3. Social Distancing Behaviours and Playing Practices

- Bowlers must refrain from handshakes and high fives
- Always keep 2 metres away from other people
- Wash your hands frequently with soap and water or hand-sanitiser when available, before and after eating, after going to the toilet, sneezing, and coughing.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you, unless center provides PPE bins for disposal.
- Avoid touching your face and if coughing, do so into the crease of your elbow.
- Try not to touch any surfaces, but if you do, sanitise your hands as soon as possible.
- Do not share food, water bottles, or any equipment.
- Each bowler should use their own identifiable bowling ball when bowling.
- Remain apart from other bowlers when taking a break, always maintaining physical distancing parameters.
- Bowlers should warm-up prior to entering the venue or in a designated warm up area so they are prepared to begin playing immediately.
- Bowlers should keep any kit/equipment in a reserved area at the back of the lanes they are using. There should be no kit/equipment left at any other area.
- Bowlers should keep any towels, rosin bags etc in your own tray on table at rear of lanes.
- Names of all participating bowlers should be recorded in a log. If there is a change to who is bowling, it is mandatory to update the log.
- Ample car parking spaces should be available to ensure physical distancing. If players must park next to another car, they should wait for the other person to exit or enter before doing so themselves.
- Prior to the reserved playing time, it is important that bowlers maintain physical distancing and wait in pre-designated waiting area allowing for physical distancing.
- Bowlers should always observe physical distancing and resist temptation to mingle.
- Bowlers should sanitise their hands and practice caution with the handling of bowling balls and equipment.
- Bowlers should be encouraged to remind other members of the protocols, in a gentle way, when they witness poor practices. Poor practice should be reported to Bowling Centre Manager, the relevant Sub-Committee or an ITBA Executive member, as soon as possible.
- From September 20th indoor activities made up of Mixed Immunity Participants can be conducted in pods of up to 6. Multiple pods will be permissible and should take into account the overall size of the venue. Substantial social distancing between individual pods should be implemented. The levels of 'substantial distance' will differ depending on the size of the venue and nature & intensity of the activity.
- To any independent onlooker it should be clear that the pods are completely separate groups operating independent of one another with no interaction or sharing of equipment and there is no opportunity for them to mix or stray into one another's group or playing space.
- Each pod should have one dedicated coach with no direct interaction with other

pods.

4. When Play Finishes

- Once play has finished bowlers should leave the bowling centre immediately.
- Hands should be washed and sanitised as soon as possible.
- Ensure all equipment is cleaned thoroughly after use.

5. Contact Tracing / Positive Testing

- Bowlers should ensure they sign into each session and where possible maintain a list of bowlers you train with.
- If a bowler tests positive, they should inform any bowling centre or individual bowlers they have recently bowled or trained with.
- Bowlers who test positive or have symptoms of COVID 19 should not return to play until they have passed the incubation period and once symptoms are gone.

The following pages outline the Lane Movement for all games - practice, league, or sanctioned tournament. Also listed are additional relevant rules.

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A. Lane Movement

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D. Body English and Cheering

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A. Lane Movement

The Dual lane style of play will remain the same per World Bowling General Rule 2.2.1 dated Sept. 2019 - one game shall be played on two lanes (a pair) immediately adjoining each other, bowlers shall successively and in regular order bowl one frame on one lane, and for the next frame alternate and use the other lane until five frames are bowled on each lane of the pair.

During lane change in tournament play no one is allowed to move lanes until advised by tournament manager, official or centre manager.

Governance of this is entirely based on Centre rules as each centre may differ in their protocols. Each ITBA Sub-Committee must check with the centre when booking for training, tournaments etc. At all times social distancing should be adhered to in line with government requirements.

B. World Bowling Rules 2.10.1 and 4.10.2

World Bowling rule 2.10.1 already approves the use of Rubbing Alcohol (isopropyl), thus only 4.10.2 is relaxed to:

- a) Altering the surface of the bowling ball during a game is allowed with the application of Rubbing Alcohol (Isopropyl) ONLY at any given frame and will not be subject to penalty.
- b) However, altering the surface of the bowling ball other than application of Rubbing Alcohol (Isopropyl) during a game is still not allowed. If the surface is adjusted during a game the penalty is zero pinfall in that game.

C. Application of alcohol on bowling balls

1. To ensure safety of all athletes, alcohol is not allowed to be sprayed directly unto the bowling ball. Instead alcohol must be applied to ball towels then to bowling balls.
2. Bowlers must provide their own individual plastic tray/containers for their rosin bags, towels, and other personal paraphernalia. Bowlers must always bring this tray/container during seat rotation and must be stored under their assigned seats while bowling their frame or in an area designated by the bowling centre.
3. It is advisable that bowlers bring their own supply of cleansing alcohol.
4. Floors and approaches must always be inspected. Liquid must not get to the floor or approaches and onto bowling shoes.
5. For all cleansing purposes other than bowling balls, disinfectant wipes should be used.

D. Body English and Cheering

1. To ensure safety of all athletes, passing of high fives or any triumphant moment celebration that requires physical contact are not allowed.
2. Body English must be confined within the lane.
3. Athletes are advised to remain at their designated seats while cheering.

E. Spectator Guidelines

1. Bowlers' companions are not allowed at the bowler seating area and will be restricted to the spectators' area observing proper physical distancing.
2. It is advised to wear masks and refrain from physical contact with the athletes.
3. Governance of this is entirely based on Centre rules as each centre may differ in their protocols. Each ITBA Sub-Committee must check with the centre when booking for training, tournaments etc. At all times social distancing should be adhered to in line with government requirements.

F. Health and Safety Requirements

In addition to strictly observing social/physical distancing, each bowling centre will be implementing its own protocols in line with Government requirements. These must always be adhered to.

General:

- Each Sub-Committee must have a Sport Ireland certified COVID-19 officer, sanctioned, and recorded by the ITBA Executive.

- A risk assessment of the Tournament/Training Session must be carried out by the COVID-19 Officer.
- The COVID-19 Officer will record all attendees at official ITBA Tournaments and/or Training Sessions to include Officials, Coaches, Bowlers, and spectators.

Venue:

- Sanitiser stations at entrance and key areas throughout the centre
- Temperature checks for all staff and customers on arrival (dependant on centre protocols)
- Enhanced cleaning of all surfaces and touch points through the day
- Cleaning of Bowlers area, and ball return after each group
- Bowler lane assignments to provide for social distancing by limiting numbers of bowlers and lanes used in line with Centre protocols in place.

Playing Athlete/Bowler:

- It is advisable to wear protective face masks.
- Must maintain Social Distancing in line with Government requirements.
- Must clean bowling ball and hand with alcohol as much as possible.
- Physical contact with any athlete during and while inside the venue is not allowed or must be minimised.
- Must provide their own plastic tray/containers for their rosin bags, towels, and other personal paraphernalia.
- Governance of this is entirely based on Centre rules as each centre may differ in their protocols. Each ITBA Sub-Committee must check with the centre when booking for training, tournaments etc. At all times social distancing should be adhered to in line with government requirements.

Coaches

- Coaches must develop and prepare a risk assessment and consult with the appropriate ITBA Sub-Committee on how training can be delivered
- It is advisable to wear protective face masks.
- Must maintain Social Distancing in line with Government requirements.
- Coaching should only be carried out in a location where physical distancing measures are possible.
- Attendance details of all coaches and their student must be recorded with the appropriate Sub-Committee COVID-19 Officer.
- Coaches should ensure that physical distancing measure are always being followed and such procedures for doing so should be outlined in the risk assessments being prepared by coaches.
- Coaches should where possible not have physical contact with either the bowlers or their equipment. Where physical contact is required permission must be obtained first.
- In addition, it is not recommended that Coaches/instructors participate in multiple pods. A single Coach/Instructor may however coach/instruct/oversee/ supervise more than one pod. This Coach/Instructor should ensure that they are not directly engaging with or in close proximity to any individual members of the pod. To any independent onlooker it should be clear that the Coach/Instructor is completely separate to the groups he/she is overseeing.

G. Additional Precaution

As long as there are restrictions, these precautionary measures must still be observed particularly in:

1. Sanctioned official tournaments of the ITBA.
2. ITBA leagues and practices.
3. ITBA Tutor and Coaching Academy activities.
4. All bowling activities in general.

APPENDIX A

Sport Ireland Return to Sport Guidance, Update November 2021 to include revisions on Indoor Youth Sport.

Indoor Youth Sport – Games and Competitions (Updated 4 November 2021)

Underage Participants - Children under 18 Years Old

- The current “pod of six” system can be adjusted to allow for indoor games and competition activities according to the ordinary rules and limits of the sport concerned.
- The ‘pod of six’ system should be retained for all other settings such as training activities.
- The continuation of the pod system for more frequent activity will assist in minimising the overall risk and facilitate contact tracing.

Mitigation Measures for Inclusion in Indoor Youth Sport Protocols

- Staggered start and finish times combined with appropriate entry, exit and traffic management protocols to minimise the unnecessary interaction of participants at any one time.
- The pre-booking of activity including the health screening of participants along with coaches & support personnel.
- Symptomatic individuals not to participate in or attend sporting activities.
- Consideration of indoor space densities when determining overall numbers.
- Reduction in the overall duration of activities.
- Ensuring that indoor spaces are well ventilated.
- Participants to arrive prepared to play; limited use of changing room or showers.
- The ongoing promotion of good respiratory & hand hygiene.
- The wearing of face coverings by coaches and support personnel.
- Additional signage, hand sanitization stations and deep cleaning implemented.
- The use of physical distancing during warm-ups, rest times and off the field of play.
- No handshakes, high fives, fist pumps, chest bumps, huddles, group celebrations, etc.
- The use of dedicated COVID 19 Officers to ensure implementation and compliance of measures.



Irish Tenpin Bowling
Association

National Sports Campus,
Blanchardstown, D15

Email: info@tenpinbowling.ie