



## 2020-21 Bowling Requirements and General Recommendations

With the support from the Ohio High School Bowling Coaches Association and the Ohio High School Athletic Association, the considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

*Note:* This is not an exhaustive list and there might be additional steps in each school, city and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.

*All mandates in the Ohio Department of Health Director's Sports Order must be followed for winter sports. Here is a link to the Health Director's Sports Order: <https://bit.ly/2RWa1jh>. In addition, here is a link to the Health Department's Responsible RestartOhio guidance document for sports: <https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>, and here is a link to the ODH's Responsible RestartOhio guidance document for sports venues: <https://coronavirus.ohio.gov/static/responsible/Sports-Venues.pdf>. Please know that some of the requirements and recommendations in this sport-specific document duplicate state guidance.*

*A **requirement** must be adhered to and followed. A **recommendation** is a consideration to the sport and allows for optional guidelines. Recommendations are not required, but are permitted and strongly encouraged.*

\*Bowling centers are most commonly privately-owned facilities. Be sure to know and follow the policies and procedures of the facility prior to practice or a contest.

### REQUIREMENTS

#### **General Requirements**

- Anyone attending a practice or contest – players, coaches, officials, trainers, volunteers, staff, spectators, etc. – must conduct a symptom assessment before each practice or contest, and anyone experiencing symptoms must stay home (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>).
  - Individuals with COVID-19 symptoms should isolate themselves per CDC's guidance and contact their healthcare provider (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
  - Individuals with confirmed COVID-19 or who have symptoms should follow CDC's guidance for when they can be around others again (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
  - An athlete who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.

- Consistent with state guidance, schools/teams regarding “Confirmed or Suspected COVID-19 Cases”:
  - Immediately isolate, and seek medical care for, any individual who becomes ill or develops symptoms.
  - Contact the local health department about suspected COVID-19 cases or exposure.
  - The affected person should seek COVID-19 testing as soon as possible. Teams, schools, and clubs should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options.
  - Coaches/administrators must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents and other support personnel.
  - A team, school, or club must notify all athletes and parents/ guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.
  - If the affected individual participated in competitive play, the team is responsible for notifying any opponents played between the date of the positive test and 2 days prior to the onset of symptoms. If the teams, schools, or clubs reside in different counties, the health departments in each county should be notified to help facilitate effective contact tracing.
  - An individual who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>.
  - Follow protocol for cleaning and disinfecting if a COVID-19 case is identified at the venue.
  - Players, coaches, officials or other individuals who had close contact (within six feet of an infected individual for at least 15 minutes), or who had direct physical contact with the person (e.g., who were coughed on or sneezed on by the infected person), must self-quarantine for 14 days following exposure based on CDC guidance (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>). Individuals may return to play afterward if they have not had any COVID-19 symptoms.
- Facial coverings are required under the Sports Order: At minimum facial coverings should be cloth/fabric and cover an individual’s nose, mouth, and chin.

### ***Requirements for Coaches***

- Coaches shall wear face masks at all times, including arriving and departing the facility and during warmups and competition. At a minimum, masks should be cloth/fabric and cover an individual’s nose, mouth and chin.

### ***Requirements for Participants***

- Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before and after competition.
- No more than six bowlers per team may participate in a contest or be in bowling area.
- Wear facial coverings, even while bowling, as the ball often come into contact with the mouth and chin.
- Participants may not share bowling balls, towels, shoes or any other equipment.
- No more than one ball per participant on ball return area.
- No more than three balls may be brought into the facility.
- Keep personal hand sanitizer in bowling ball bag.
- Participant towels must remain in participant bowling bag when not being used.

- Isopropyl alcohol will be permitted as a bowling ball cleaning agent.
- If you need to sneeze or cough, do so in a tissue or upper sleeve.
- Do not shake hands, fist bump or high-five teammates, coaches, spectators or opposing team members.
- Maintain six-foot social distancing when seated and/or waiting to bowl.

### ***Travel Requirements***

- Individuals traveling together by bus, etc. must wear a facial covering and social distance where possible while in the vehicle.
- Conduct a pre-travel symptom and temperature check immediately prior to departure.
- For out of state travel, follow the COVID-19 guidance of the state and local public health jurisdiction to which the team is traveling. Also be aware of Ohio' Travel Advisories: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory>.

### ***Requirements for Facility Hosts***

- Review the requirements within the [Responsible Restart Ohio Guide for Youth, Collegiate, Amateur, Club and Professional Sports](#).
- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Limit personnel in the competition area and in the warm-up area to participants, coaches, medical staff and event staff (if necessary for event staff to enter competition area).
- Do not provide any congregation areas at the facility.
- If possible, provide designated space for bowler check in, tournament operations and spectator seating.
- Minimize lane changes between competing teams.
- Sanitize ball return area and participant seating area prior to competition. Continuously disinfect doorknobs and bathrooms.
- Six-foot social distancing must be maintained between individual spectators/family groups.
- Develop a spectator pathway that allows for physical distancing as spectators move from parking lot, through ticket scanning (entrance to facility) to their seats.
- Clearly review prior to any contests with multiple teams the mandates, best practices and facility policies with team(s) administrators and/or coaches as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; ball storage areas; restrooms; water; towels; and equipment.
- Spectator limit shall be the lesser of 300 spectators or 15% of seating capacity.
- Keep three operational thermometers (no touch recommended).
- Maintain an adequate number of portable hand sanitizing machines.
- Work with the local health department in determining in advance how many teams can safely be accommodated for practice and/or competition.
- Follow all restaurant/dining guidance: <https://coronavirus.ohio.gov/static/responsible/Restaurants-and-Bars.pdf>

### ***Recommendations for Coaches***

- Consideration should be given to limiting contests against only teams in your local area or, if out of state, against teams located in counties that are contiguous to Ohio.
- When taking temperature checks, consider the potential for environmental factors causing an elevated temperature. Should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-10 minutes of sitting in a cool environment.

### ***Recommendations for Facility Hosts***

- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Use contact-less payments where possible.
- Reduce the number of bowling balls during open bowling.
- Participants should bring their own water bottles or purchase from facility.
- Appoint an individual(s) who is responsible for assisting the host facility manager(s) in logging all incidents and action plans when mandates have not been followed and/or incidents occur; logging recommendations for improving the host facilities' game-day strategies, and creating reports on said items that were logged.
- If there are not enough lanes, teams consider having teams compete in flights or stages to allow for adequate spacing in the venue.
- If the venue is large enough to allow for extra room, first space teams to use all lanes available. If there are remaining extra lanes, consider leaving lanes between competing teams.

### ***OHSAA Postseason Note***

Potential options may be considered regarding the District and State Tournament games/format depending upon the status of COVID-19.

### **A Note on Public Health Issues**

The Centers for Disease Control and Prevention, Ohio Governor, Ohio General Assembly, Ohio Department of Health and/or the local health district will offer guidance as to whether to close a school or university due to a public health issue. Local decisions can also be made by the local health authority or each board of education/governing board.

**Helpful Links** *These resources are provided to guide operations during this Covid-19 pandemic.*

- Ohio Department of Health – Coronavirus (COVID-19): <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/>
- Centers for Disease Control – Coronavirus (COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- National Athletic Trainers Association – Coronavirus (COVID-19): <https://www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus>
- Centers for Disease Control and Prevention Emergency Preparedness and Response: <http://emergency.cdc.gov/planning/>
- Centers for Disease Control and Prevention Preparedness for All Hazards: [https://www.cdc.gov/phpr/documents/ahpg\\_fi-nal\\_march\\_2013.pdf](https://www.cdc.gov/phpr/documents/ahpg_fi-nal_march_2013.pdf)
- Ohio Department of Health Guidelines and Publications: <https://odh.ohio.gov/wps/portal/gov/odh/home/>