

## **BOWLING SAFETY GUIDELINES**

The following procedures have been developed specifically for bowling. Because participants should recognize conditioning, nutrition, proper technique, safety procedures, and proper fitting equipment are important required aspects, students and parents are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the activity.

### **PREPARATION FOR PRACTICE OR CONTEST**

1. Choose clothing and shoes which fit properly, are comfortable, allow for maximum physical effort and dissipation of heat.
2. Proper warm-up is essential before strenuous activity takes place.
3. If you wear eyeglasses, contact the coach for proper fitting of safety lenses. Use appropriate frames that are compatible with bowling. If you have bi-focal or tri-focal lens, contact your doctor to provide the best lens combination for playing on surfaces where focusing at different distances in rapid succession is important.
4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Only the bowler should be on the approach.
6. Bowling shoes must be worn. The soles of the bowling shoes should be kept clean.
7. Keep street shoes out of the settee area and off the approach.
8. Follow proper bowling etiquette at all times.
9. Advise the coach if you are ill or have any prolonged symptoms of illness.
10. Report all injuries to the coach immediately.

### **MOVEMENT TO CONTEST OR PRACTICE SITE**

1. Travel to and from off-campus facilities and practice competition sites must be in accordance with school district procedures.
2. Be aware at all times of other players' positions or bowling lane personnel on the alley where you are bowling.
3. Look around the facility and notice:
  - a. Location of safety equipment
  - b. Location of bowling lanes
  - c. Facility rules posted
  - d. Other equipment which may be in the area( scorer's table, ball return, tables, chairs)

STUDENT NAME (please print)

## CAUTIONS SPECIFIC TO BOWLING

1. Be alert to for any physical hazards in the bowling alley and advise the coach if any hazards are found.
2. Before throwing the ball, make certain the area around you is clear of others.
3. Be aware of the danger of standing in front or on the side of a person who is attempting to throw the ball as one may be injured by the ball.
4. Use caution around the ball return area.
5. DO NOT horseplay in or around the bowling site.
6. Look before you throw the ball.

## EMERGENCIES

Because of the nature of bowling, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

1. Stop all practices.
2. Notify the coach immediately.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bring the first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site
5. Fire or fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 feet from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above.

I m aware that bowling may be a high risk sport and that practicing or competing in bowling may be a dangerous activity involving many risks of injury. I understand that bowling may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I understand the rules and procedures and the necessity of using the proper techniques while participating in bowling activities.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_