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|  | **High School Bowling** | 1-12-21 |

This information is provided to schools to help conduct a High School bowling season. The intent of this information is to minimize and reduce risk as much as possible.  As such, parents and athletes should discuss the risks and determine if these provisions allow participation for their child.

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.

The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach and the Athletic Director within the program should be designated to be responsible for responding to COVID-19 concerns.

**Requirements for Bowling to occur:**

* Face coverings are currently required for indoor activities.   
  ***This is mandated by the Michigan Department of Health and Human Services,   
  which has been granted that authority by the state legislature.***
* **Face coverings are required in bowling AT ALL TIMES.** This includes all times when in active participation and all times during non-active participation.
* There are no provisions in the MDHHS mandate on facial coverings for medical intolerance reasons or medical waivers. This is not an MHSAA regulation, and thus the MHSAA has no legal authority to waive or modify this emergency order from HHS.
* In practice and training sessions in all regions of the state, this same guidance applies.
* Traditional cloth/fabric masks, buffs, gaiters are allowed facial coverings. The facial covering must cover the nose and mouth at all times.
* **Face coverings are required for all competitors, spectators, coaches and event workers.**
* All other USBC and MHSAA requirements including uniform are still in effect.
* All other USBC and MHSAA playing rules shall be enforced.
* No scrimmages *(other than within your own team).* The only occasions where students from different schools can be together is for official games.

**Equipment:**

* **Water bottles –** Players should use their own, clearly marked water bottles, there should be no sharing of bottles during games or practices.
* **Bowling Balls –** USBC Rule 18 will allow isopropyl alcohol, aka rubbing alcohol on the outer surface of the ball and any time during competition. This rule is also approved for MHSAA bowling competition.
* **Bowlers personal equipment –** each competitor MUST use their own equipment, this includes towels, gloves, braces, balls, shoes, etc. No sharing of equipment is allowed.
* **Need to have shared equipment sanitized –** Coaches must sanitize equipment before and after each practice and competition.

**Practice Guidelines/Protocols:**

* Team Meetings prior to Practice- Observe social distancing/ wearing of face masks required.
* Handouts/Rule Books- use of online materials, emails, sport team apps and other electronic communication is recommended.
* Hydration/Food, Snacks- All players must provide their own water bottles or drinks and snacks. There is to be no sharing of food or drink. Also, public drinking facilities should not be used. Coaches/teams should not provide food or drink to players unless it is individualized to each player and/or commercially prepared or prepackaged.
* Ensure that players are properly spaced out and there is no congregating of players while waiting to bowl.
* There should be a minimum distance of 6 feet between each individual at all times when not in active participation.
* There should be no more than 6 bowlers from one team in the bowlers area at any one time.
* No more than one ball per participant in the ball return area.
* A bowler is allowed no more than 3 balls in the facility at any one time.
* There should be no shared athletic equipment (towels, clothing, masks or specific equipment) between student-athletes.
* Students should wear their own appropriate clothing (do not share clothing.)
* Cleaning/ sanitizing supplies should be readily available on site.
* Player towels should remain in the competitors bowling bag while not in use.
* Coach Modeling- Coaches should be great role models for their players and observe all of the stay safe, stay healthy guidelines. Coaches should promote physical distancing.
* Player habits – Coaches should work to continue to reinforce safe and healthy habits. This includes staying away from touching their face, social distancing of 6 feet between individuals, use of hand sanitizer and hand washing of at least 20 seconds before and after competition.
* Hand sanitizer and/or sanitizing wipes – Players, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. Coaches and other team officials should have this in the bowlers area.
* Players should have a separate and multiple face masks that they use for practice/competition, and one they wear when not training or competing. These face masks need to be washed regularly and often.
* Team issued uniforms and equipment must be sanitized before handing out and if possible, players would be advised to use their own equipment or keep it for the duration of the season.

**Pre-Workout & Pre-Game Screening:**

* All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID:
  + Should not be allowed to participate
  + Should self-isolate and contact his or her primary care provider or other health-care professional.
* Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.
* If on site temp checks are conducted, coaches should record temp checks with infrared thermometers prior to practice or games. Temperatures should be recorded on a log sheet or via software/applications.
* A link to the MHSAA COVID Tracking Form is provided: [**COVID MONITORING FORM**](https://www.google.com/url?client=internal-element-cse&cx=005501871061013732584:lcghs34nmfu&q=https://www.mhsaa.com/Portals/0/documents/AD%2520Forms/covid%2520coach%2520monitor%2520form.pdf&sa=U&ved=2ahUKEwiQoI7K47TsAhVvhXIEHTr4CBQQFjAAegQIBBAB&usg=AOvVaw3ywRKjv8w8x59xV5Nhn_tP)
* Schools may also develop their own online survey (Google Forms, or other software/applications) used for contact tracing. Many schools currently are utilizing this system for daily attendance, with parents providing the information. This may be something you can develop through your school system. You may also consider developing a QR Code for players to access forms/applications without touching pens/paper.
* Below are typical questions to ask daily before participation:

1. *Date (that days date)*
2. *Last Name*
3. *First Name*
4. *Have you been diagnosed with Covid-19 in the past 14 days?*
5. *Are you experiencing symptoms typically associated with Covid-19 such as: rash, diarrhea, fever, coughing, fatigue, headache, chills, loss of taste/smell or respiratory distress?*
6. *Have you been in contact with anyone who has a suspected or confirmed diagnosis of Covid-19 in the past 14 days?*
7. *Have you taken medicine for a fever or body aches within the past 24 hours?*
8. *If you have answered “YES” or your temperature is 100.3 degrees or higher you are not able to participate in today’s activities. Please isolate and contact your primary care physician for direction.*
9. *By submitting I am certifying that all information supplied is accurate and true.*

**Competition/Game Guidelines:**

* In bowling, on site at any one time, there should be no more than 72 participants allowed on site in any bowling competition. 72 participants are by gender, you can have 72 boys and 72 girls at a site competing at any one time.
* Please remember that 72 participants are the maximum. To start the season, smaller dual matches between two schools are recommended.
* For larger leagues and conferences and invitationals when resumed, it is recommended that schools and centers have double shifts, an AM and a PM shift, each with no more than 72 participants per gender if the center can be cleared and cleaned between shifts. This could be done by geography, by average, by JV, by Varsity, etc.
* In the 2020-21 MHSAA Bowling regular season the school’s bowling team roster size is limited to 6 student-athletes. Only 6 bowlers are allowed in the bowlers area at any one time for one team during competition.
* If there is space available in the bowling center, every other pair should be vacant during competition.
* Lane changes need to be minimized between teams. Two examples/options of how a match should be set up. Two teams could be on a pair there would be NO cross lane – team on the odd lane stays on the odd lane, while the team on the even lane stays on the even lane throughout the match. If there is space, then one team would bowl on one pair of lanes, while their opponent bowls on the next pair of lanes. Teams can switch lanes within their own pair.
* Depending on space available in the bowlers area, teams may have to be separated to the bowlers area for one team, while the opposing team is at a table in the concourse area behind the lanes. Remember that no more than 6 bowlers should be in the bowlers area at any one time from one school.
* Limited or NO SPECTATORS is strongly recommended, especially to start the season. This will need to enforced by the high school and bowling center.
* Host facilities and bowling centers must strictly enforce spectator capacity limits. By MDHHS guidance and law, the bowling center attendance cannot exceed 25% of the total occupancy limit set by the Fire Marshal. This number includes all bowlers and coaches. Again, it may not be possible to have ANY spectators in the bowling center during a match because of this mandate.
* Host sites must actively manage sanitation and cleaning protocols during transition times between games/matches, such as during a JV-varsity bowling doubleheader or between shifts.
* Event administration and bowling centers must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.
* It is recommended that teams awaiting play in a subsequent match should not enter the same bowling facility or center until the match that is going on is over. If crossover of teams does need to occur, separate entrances/exit doors should be considered. Congestion areas that commonly occur in bowling centers MUST be avoided.
* Provide clear instruction to teams in advance of contests about entrance and exit points of the bowling center.
* Provide clear instruction regarding suggested arrival time and protocols (including temp. screening, contact tracing, online forms or waivers) for center.
* It is strongly recommended that visiting schools/teams provide ahead of time, a roster and list of players, coaches and team personnel that will be attending the match. This will assist the home school and center on the entrance protocols for that center and expedite visiting team arrival.
* When using the restroom facilities, maintain social distancing while waiting and avoid congregating in the rest room.
* Arrival of teams and players may be restricted to a time frame prior to match or practice time (for example – entry into bowling center no earlier than 15 minutes prior to lane time) This must be coordinated with your bowling center and athletic director.
* Each team is responsible for its own hand sanitizer and its own med kit.
* All players are encouraged to have their own hand sanitizer in addition to what coach has available.
* Consideration should be given to limiting or restricting access to shared areas like paddocks, computer or tournament offices, coaches check in rooms or arcades.
* During warm-up time coaches are responsible for ensuring physical distancing is maintained.
* No post-match handshakes. Bowlers should not fist bump or high-five teammates, opponents, coaches or spectators
* All players shall bring their own water bottle or drinks. Water bottles must not be shared.
* Only two school coaches will be allowed in the bowlers area at any one time. It is also strongly encouraged to limit visits, only have one coach in the bowlers area at one time and if possible coach from outside the bowlers area while physically distanced from others.
* Only essential personnel are permitted in the bowlers area. These are defined as competitors and coaches. If medical attention is needed then a medical professional may also enter the bowlers area. Event staff (if necessary for event staff to enter competition area) may also enter the bowlers area for a limited time frame. All others, i.e., managers, video people, media, photographers, etc. are considered non‐ essential personnel and will need to watch the match from other areas physically distanced from the bowlers area.
* Award ceremonies may have to be modified or eliminated for tournaments and other awards. Functions may be held following physical distancing protocol and local guidelines.

**Host School, Facility and Bowling Center recommendations:**

* 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 bowler’s 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-feet 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 Bowling coaches, Athletic Directors and Teams the mandates, best practices and facility policies 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.
* Total number of people in a center shall be not exceed 25% of a center’s total occupancy capacity by MDHHS emergency order.
* Keep three operational thermometers (no touch recommended) on site as backup.
* Maintain an adequate number of portable hand sanitizing machines.
* Follow all restaurant and dining rules and regulations for the safe opening and service at such facilities.
* Consider multiple points of entry to help ensure there is six-foot social distancing.
* Use contact-less payments where possible.
* Participants should bring their own water bottles or purchase from facility.
* Appoint an individual(s) who is may be responsible for assisting the host facility manager(s) in logging all

incidents and action plans when mandates and guidelines have not been followed and/or incidents occur.

* 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.

**General Considerations:**

* Focus on one single match first and build from there. There is a mindset switch that needs to occur. We need to operate from the standpoint that we do not have Bowling at this time. We have nothing, but want to build on that to get to something using common sense, care and caution. Start with a single match and build from there, not from an invite, tournament or conference event working backwards. The spirit and intent of the rule is important to consider when planning. Everyone needs to be responsible in order for us to come back to Bowling. There is not a specific restriction on invitationals, but the strong recommendation is NOT to conduct them early on in the season. The guidance is very clear that there are to be no large-scale events early in the season. Make sure that you can effectively administer a regular match first.
* The latest research and data inform us all that COVID is not being spread during the school day, at athletic practices or during games/matches between teammates and opponents. However, we are learning that many activities loosely connected to schools and school sports are creating COVID challenges for school districts.
* Events such as team dinners, gatherings at homes and restaurants following matches and other team-connected but non-athletic social gatherings on the weekends with little to no mitigation measures of face coverings and social distancing is causing COVID numbers in Michigan to increase. Coaches and schools should work to limit or eliminate these gatherings as much as possible to mitigate spread of Covid.
* Strong and regular communication between a school bowling coach and the school athletic director are key when navigating this pandemic and how it will impact the bowling season.
* A coach should also strongly communicate with the bowling center and the manager to ensure that they are aware of new and ever-changing bowling center policies on directives such as: temp. checks, contact tracing, check in procedures and communication with other teams.
* Coaches need to also encourage parents and players to use best communication practices with all involved including parents, families and players. This may include a less punitive and less restrictive practice policy that allows players to miss because of health and mental health issues (Covid or not). A safe health and well-being policy using care, caution and common sense will help a bowling team in the long run, this year more than ever.
* Prepare for changes, postponements and work to be flexible in your scheduling including potentially changing or cancelling matches because of an unexpected, difficult and last-minute decision on a match or because of a quarantine situation.
* Indoor concession stands or restaurants may be restricted from opening operating and you will need to communicate with your facility and opponent to ensure that communication occurs on this aspect.
* Advance messaging to teams, spectators, media should be done. Visiting school teams and spectators are expected to comply with the host school strategies for COVID risk mitigation.
* Provide written notice to all attendees, outlining procedures for the event.
* Provide PA announcements to reinforce key site requirements and reminders of guidelines.
* Livestream options for spectators who cannot attend in person – Review and communicate plans to all, consider camera location(s) and state and local policies.
* Seating capacity/configuration of bowling centers – Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.
* Consider designating an event management team – to include a health professional. This group could have the authority to modify, restrict, postpone or cancel the event based on public health risk or other factors.
* Create communication plan – Attendees can receive an emergency notification, if necessary. Think about how you will address and communicate a positive COVID test of an attendee before, during or after the event.
* Attendees – Consider grouping people into tiers from essential to non-essential and decide which tiers will be allowed at an event:
* Athletic Training services – Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. School administrators should partner with athletic trainers to develop and implement infection control policy throughout the school.
* Transportation to events – Schools must consider social distancing requirements when scheduling contests and events for the fall. Masking and social distancing (as required by state or local health departments) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will potentially be needed.

**USBC Bowling Rules Covid related changes and considerations**

While the USBC does not govern MHSAA high school bowling or play, it is important to be aware of resources, guidelines and changes in USBC rules and operations during this pandemic. For more information on these updates, please see this website.

<https://bowl.com/About/About_Home/USBC_COVID-19_Update/>

**USBC Bowling Rules Considerations**

In accordance with the authority granted through **USBC Rule 14**, the following rules have been designated for temporary exceptions to be effective until further notice:

**Rule 18 USBC** will temporarily allow the use of isopropyl alcohol, aka rubbing alcohol on the outer surface of the ball at any time during USBC certified competition.

**Rules 106a and 106b USBC** will temporarily allow individual teams to compete on a single lane without the requirement to rotate lanes after each frame.

**Rules 320a and 320b USBC** will temporarily allow individual teams to compete on a single lane without the requirement to rotate lanes after each frame.

**MHSAA Tournament and Postseason Update**

Options will be considered regarding MHSAA Regionals and Finals Tournament games/format

depending upon the status of COVID-19 and the safe return to MHSAA regular season bowling.