

Bowling Tips – Covid – July 2020

Before Bowling

- Be symptom free for at least 14 days prior to visiting bowling Centers.
- Stay home if you are sick or do not feel well.
- Be aware of any potential contact with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly. (6-foot prior or greater distance)
- Wearing a face mask is recommended to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day.

During Bowling

- Refrain from attending league bowling or coming to Bowling Centers if displaying any COVID-19 symptoms.
- Comply with all Health regulations required for Bowling Centers.
- Wash and Sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other Bowlers and attendees (high fives, hugs etc.)
- Practice social distancing as often as possible. (6-foot or greater distance)
- Wearing a face mask while at Bowling Centers is recommended.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes and use in your personal space while at Bowling Centers.
- Keep a list of people you were in contact with during the activity.

After Bowling

- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after your bowling visit.
- Practice social distancing as often as possible. (6-foot or greater distance)
- Wear a face mask when possible to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash or sanitize all Bowling Balls, Equipment and Apparel during Bowling.