



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

IHSA 2020-21 BOWLING CONSIDERATIONS

This document is intended to provide guidance for schools conducting practices and hosting meets during the 2020-21 IHSA Boys and Girls Bowling season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as bowling events. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

Modified Season:

- On July 29, the IHSA Board of Directors modified the IHSA Boys and Girls Bowling season along with all other sport seasons in response to the circumstances surrounding the ongoing COVID-19 pandemic. The modified girls' and boys' bowling seasons are as follows:
 - **November 16 – Practice May Begin**
 - **November 30– First Contest May be Held**
 - **February 8- Keep this week open**
 - **February 12/13 – End of Season Event for Boys and Girls Bowling**
- Currently, State Series events are To Be Determined in order to ensure that the events can be conducted safely and in accordance with the Governor's Restore Illinois Guidelines. The IHSA will make every effort to conduct some form of State Series event and will announce decisions related to this as they become available.
- It is recommended to keep the above mentioned state series dates open on your schedules for the purpose of potential State Series events.
- Currently, live competition must only occur with schools in your IDPH COVID-19 region and conference schools: <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:37ae0de3-609b-4853-8622-b3b9c6d41781>
- If a State Series is conducted and your school had difficulty meeting the 6-contest requirement as outlined in IHSA By-laws as a result of circumstances surrounding the pandemic, please contact IHSA Executive Director, Craig Anderson (canderson@ihsa.org) to inquire about a waiver.
- Bowling Teams still must follow IHSA By-Laws 5.050 and 5.200 Contest Limitations: https://www.ihsa.org/documents/forms/current/IHSA_Section5.pdf

General Requirements and Considerations:

- All guidelines of IHSA Return to Play Phase 4 must be adhered to.
- Social distancing between individuals of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible.
- Student participants, coaches, and volunteers are restricted to a combined total of 50 per group. A group is defined as an individual group of 50 (bowlers, coaches, and volunteers).
- Hosts can have multiple groups at an event as long as the groups are completely spaced out so that they don't intermingle or wait in queue in common areas.
- Small events are most effective in maintaining fewer competitors, school personnel, volunteers, and spectators. Small events make it easier to space bowlers out at the start and finish of a competition to ensure for appropriate social distancing. Small meets must adhere to the event capacity guidelines outlined in IHSA Return to Play Phase 4 as well as those outlined in this document.
- If schools have scheduled large tournaments or invitationals, hosts must ensure that ALL event attendees are held to the capacity guidelines outlined in the [DCEO document](#) (i.e. combined total of no more than 50 student participants, coaches, and officials per group).

Requirements and Considerations for Managers.

- Prior to the Event
 - Consider either emailing event information one week in advance to participating schools or host a virtual coaches meeting in lieu of a traditional in-person one.
 - Centers are allowed to operate at the lessor of 200 bowlers or 50% of capacity.
<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/bowling.pdf>
 - Coaches are responsible for ensuring social distancing is maintained between players. This means additional spacing between players while playing, chatting, or changing drills so that players remain spaced out, and no congregating of players while waiting to bowl.
- Arrival/Warm-Up
 - Establish firm arrival times for participants no earlier than 45 minutes prior to a participant's/school's first starting time. Participants who arrive early must stay in their vehicle until the appointed entry time.
 - Upon entry, participants should report directly to their assigned pair of lanes.
 - Participants should maintain social distance during warm-up times.
- Starting
 - Managers should only use electronic scoring available, unless otherwise not available
 - Any tournament volunteers/managers must wear a mask.
 - Participants shall maintain social distancing at all times.
- Spectators
 - If competition hosts allow spectators, they must always wear masks and maintain 6-foot social distancing throughout the entire event as outlined above and in the IHSA Return to Play Phase 4 Guidelines and IDPH guidance and are counted as part of the 50 individuals throughout the entire event as outlined above and in the IHSA Return to Play Phase 4 Guidelines and IDPH guidance. NOTE: Some sites may not permit spectators.

- Hand sanitizer and/or sanitizing wipes – Players, coaches, and volunteers are encouraged to provide their own hand sanitizer and/or sanitizing wipes. It is recommended to use hand sanitizer before and after each game and when going out to, and coming in from, different areas throughout the house. Additionally, emphasize to all to avoid touching their face.
- Media – All local social distancing, mask wearing, and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.
- Rules conferences – Encourage limiting the number of individuals in a rules interpretation conference to those who must be in close proximity for these discussions. Coaches/ volunteers must wear a mask.
- Team handshakes – Teams and individuals shall NOT exchange handshakes before, during, or following the practice or meet.
- Press area – Local schools shall determine which personnel should be in the designated press area considering IDPH guidelines.
- Scoring
 - Consider using online scoring platforms in lieu of paper recaps.
 - Once the round is submitted and scores are submitted, participants must return to their car/team bus.
- Awards
 - Awards ceremonies should not be held.
 - Awards can be sent via mail following the event.

Requirements and Considerations for Coaches:

- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- For practices, consider conducting workouts in “pods” of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing amongst your team and coaching staff.
- Always require use of facial coverings.
- Require athletes to arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.
- It is recommended to always have sanitation materials available (i.e. hand sanitizer, disinfecting wipes, etc.) for the team and coaching staff.
- Coaches must wear face coverings at all times.
- Educate your student athletes on proper hand washing and sanitation.
 - COACHING
 - Group coaching at practices should take place only where full social distancing is possible. Group coaching should be limited to small groups.
 - Players/Coaches should be assigned specific practice times. Position the players at well-spaced stations.

Requirements and Consideration for Tournament Management Officials:

- Bring personal hand sanitizer and wash your hands frequently.
- Do not share equipment.
- Follow social distancing guidelines (refer to meet manager section for pre-meet coaches meeting and posting of results).
 - Communication with coaches, participants, meet personnel, or spectators must be done at the appropriate social distance.
- Refrain from shaking hands.
- Always wear a face covering.

Requirements and Considerations for Participants:

- All participants must refrain from touching other participants in any way, unless they are from the same household, including shaking hands prior to and following the round.
- Participants must not touch, handle, or share each other's equipment.
- Participants should wash hands as frequently as possible and bring hand sanitizer to use during the round.
- Athletes should tell coaches immediately when they are not feeling well.
- Schools hosting events should consider having sanitizer and disinfectant in the pit area.
- Masks – Players must wear masks at all times. There is no prohibition on the color of the mask.
 - Any mask modification requests, due to a documented medical condition, must come through an Accommodation Request through the IHSA School Center.
- Hand sanitizer and/or sanitizing wipes – Players are encouraged to provide their own hand sanitizer and/or sanitizing wipes, but coaches must have sanitizer available at practices and competitions.
- It is recommended to use hand sanitizer before and after each game and when going out to, and coming in from, different areas of the house. Additionally, emphasize to all to avoid touching their face.

Requirements and Considerations for Parents:

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is any doubt, stay home).
- Provide personal items for your child and clearly label them.
- Help make sure that your child is washing/cleaning clothing and personal items after each use.
- Know facility/venue limitations on capacity/attendance prior to attending an event. Always maintain social distance and wear a face covering while in attendance at an event.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

Transportation:

- For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.

Eating and drinking:

- Ensure 6 foot distance whenever athletes are eating or drinking.
- Replace face coverings immediately after eating or drinking.

Resources:

IHSA RETURN TO ACTIVITIES 2.0:

<https://www.ihsa.org/documents/CovidGuidelines/Return%20to%20Activities%202.0.pdf>

GUIDANCE: <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

IDPH COVID-19 REGION MAPS: <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:37ae0de3-609b-4853-8622-b3b9c6d41781>

DCEO Bowling Guidelines: <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/bowling.pdf>