

BOWLING

SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize conditioning, nutrition, proper technique, safety procedures, and proper-fitting equipment are important aspects of this training program. Each participant is expected to follow directions/standards of the coach.

1. Proper warm-up is essential before strenuous activity takes place.
2. Clothing and shoes should fit properly, be comfortable and allow maximum physical effort and allow dissipation of heat.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Advise the coach if you are ill or have any prolonged symptoms of illness
6. Notify the coach immediately if injured.
7. Be alert for any physical hazards in the bowling alley and advise the coach if any hazards are found.
8. Before throwing the ball, make certain the area around you is clear of others.
9. 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.
10. Be aware at all times of other player's positions or bowling lane personnel on the alley where you are bowling.
11. Use caution around the ball return area.
12. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with bowling. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for playing on surfaces where focusing at different distances in rapid succession is important.