

**North America - Return to Activities
Sport Training Consideration - Bowling**



BOWLING				
Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open	No restrictions on size of mass gatherings and public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> • Virtual Coaching & Activities • No in person meetings or activities • At home sport specific strength and agility exercises alone or with in home family members 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • At home sport specific strength and agility exercises alone or with in home family members • Engage in training with very small groups focused on skill development • Simulated bowling with modified equipment, use you own equipment • Virtual Coaching & Activities 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • Engage in training at bowling facility training or large open space • See Phase 1 as this may be more realistic option if indoor bowling facilities are still a concern • Virtual Coaching & Activities 	<ul style="list-style-type: none"> • Traditional Bowling Training
Recommended Activities, Skills & Drills	<ul style="list-style-type: none"> • Study sport techniques and watch on-line instructional videos like this one that you can do at home: https://www.youtube.com/watch?v=i2Oc2d29dd8 or find more video resources from the US Bowling Congress: https://www.bowl.com/Welcome/Welcme/Home/Tips_and_Training/ 	<ul style="list-style-type: none"> • Phase 0 Activities • Can set up plastic or foam bowling pins or similar to the ones from Gopher Sports featured in this video https://www.youtube.com/watch?v=6t7bUHLZjPc • Can create skills contests or simulated match play virtually with other athletes and coaches 	<ul style="list-style-type: none"> • Phase 0 & 1 Activities • If at bowling facility, training can proceed per typical SO sport guidelines with modifications to ensure social distancing • Consider Virtual Bowling Competition (in lieu of teams traveling to central location for competition) 	<ul style="list-style-type: none"> • Phase 0, 1 & 2 Activities • Resume normal training protocols when reach comfort level for all involved