



The very first thing every coach must do before moving forward with in-person training plans, is to review the [Resources for Future SONC Events & Activities checklist in its entirety](#) (scroll about halfway down the page to find). In-person training is **not** “business as usual”, and there are many videos to watch, documents to read and preparations to make to ensure the safety of our athletes and volunteers.

### **Coach’s Meeting**

- View the January 14, 2021 Coach’s Meetings found in the [Bowling section](#) of the [SONC Coach and Sport Resources](#) web page.

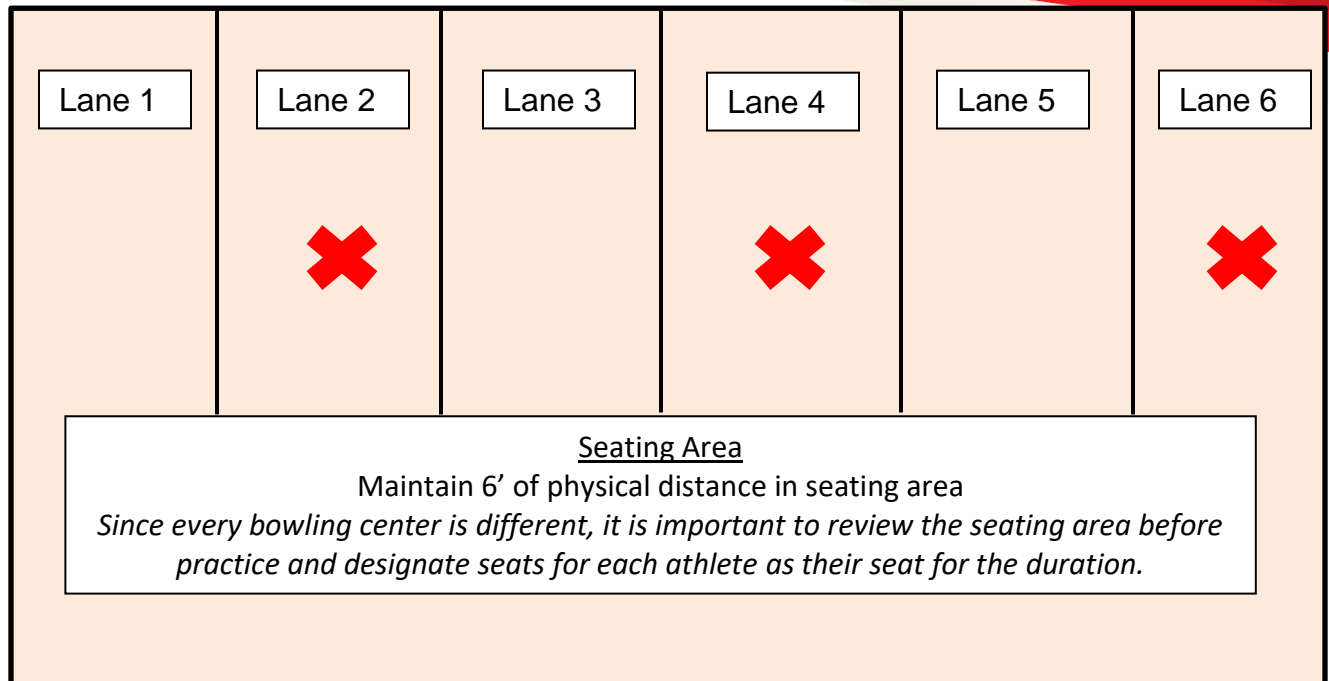
### **Sport Equipment**

Bowling sport equipment is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

- Athlete’s Equipment
  - Water bottle – make sure it is labeled
  - Appropriate practice attire
  - Socks (required); shoes if you own; if not can rent
  - Ball towel
- Coach’s Equipment
  - Water bottle
  - Baskets for athletes’ personal items
  - Sharpies and blue painters’ tape to label baskets and water bottles
- Bowling Center Provided Equipment
  - Bowling ball – each athlete/Unified partner should be assigned their own ball.
  - Shoes – athletes/UP’s may rent shoes but need to bring their own socks.
  - Bowling ramp – coaches should sanitize the ramp prior to use. Only coaches should touch the ramp whenever possible.
  - Ensure that balls and shoes are properly sanitized prior and after each use.
  - Equipment should not be shared amongst athletes and Unified partners.

### **Bowling Center**

- Athletes and coaches must remain assigned to the same training group during the practice. No switching of athletes/coaches is allowed.
- No more than 2 people per lane and no more than 4 people in the bowling well.
- Team and doubles bowlers must bowl with their own ball.
- To ensure proper physical distance is adhered to, skip every other lane when bowling.
- Athletes/Unified partners should sanitize their hands after they have completed a game.



## General Fitness and Conditioning Practice

For use in a large outdoor area such as a field or parking lot

- Alternative if bowling center is closed and you still want to get together in-person.
- General fitness and conditioning is a benefit for all athletes. This will build athletes strength, endurance while also allowing for a social outlet in a safe environment.
- Must adhere to the guidelines above and no more than 10 people.

