



The very first thing every coach must do before moving forward with in-person training plans, is to review [this webpage](#). Specifically, the link to the Special Olympics North Carolina protocol for return to activities and the Code of Conduct and Communicable Diseases Waiver.

Sport Equipment

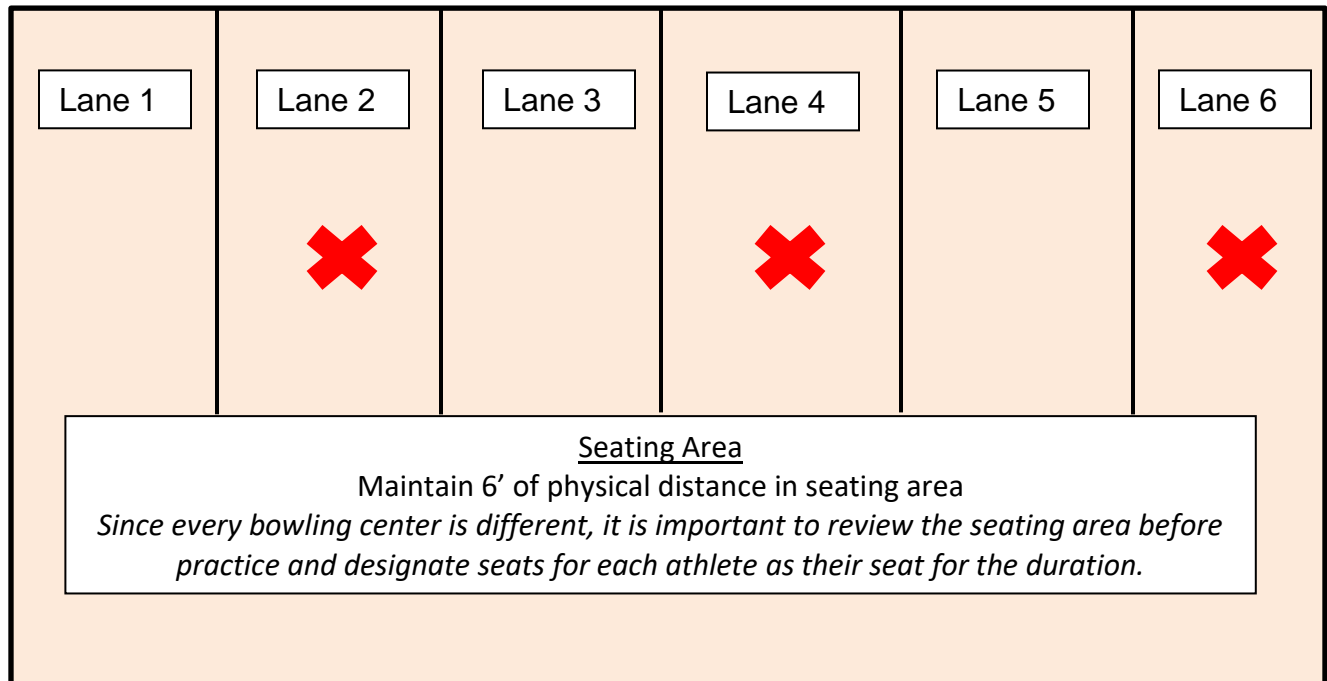
Bowling sport equipment is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

- 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

- There is current a limit on **50 participants** for **indoor** activity occurring for Special Olympics North Carolina purposes. The 50 participants includes anyone a Special Olympics program is bringing to the facility (i.e. athletes, Unified partners, coaches, chaperones, volunteers, spectators). This personnel limit does **not** include facility staff or patrons of the facility.
- Masks are required for all Special Olympics program in attendance. This includes athletes, Unified partners, family members, caregivers, coaches. Anyone associated with Special Olympics must be masked at all times.
- 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. Indoors may be used as long as all participants are masked.

- 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.

