

PROMPT CARD RE: COVID-19 MITIGATION

- **Do not** touch bowlers during the coaching session. Social distancing must be adhered to at **all times** during the session and break time (at no time to mingle with other bowlers). All to adhere to the rules for the Tier level the club is in or where the bowler lives.
- **Coaches** must be suitably attired with PPE, ie disposable gloves if need be and face coverings (if deemed necessary). Coaches should keep social distancing and if need be work alongside bowlers encouraging them to mimic the coach.
- **Explain** about the new rules relating to COVID-19 in your area. For example, they can only touch the equipment they use, what side of the rink they must walk down.
- **The Bowler must** put the mat down at all times and at both ends. But if you have more than one bowler then they must place the mat at the opposite ends from each other. No one else should touch the mat.
- **Let the bowlers** deliver two jacks then on the last one with the **coaches jack** show them how to hold the jack to get the best delivery of the jack. If you have more than one bowler then they **both must** have their own jacks. Once you have done that, put the jack to one side so it can be sanitised after the session and encourage jacks by more than player to be kept separate.
- Bowls selection: If you take a box of bowls out for them, that box must be sanitised before they can touch it. Any bowl they touch must be put to one side to be sanitised.
- Show them with the **coaches bowl** the two ways of holding the bowl and tell them about the bias. Once demonstrated put it to one side to be sanitised.
- **Helpers are not** to touch jacks, bowls or mats that are being used (unless they are wearing disposable gloves). If they need to be moved please tell your helper to use the bowling aid to move jack or bowls.
- If you use any felt (or other visual) aids, **they must** be your own and **you as the coach must** put them down, not the bowler. Should your helper want to use felt aids, they must be their own. **Please do not share items.**
- At the end of the session **all equipment touched or used** must be sanitised before being put away and you must complete the form on the door and keep a register to assist on Track and Trace.