

COACHING GUIDELINES AT AN INDOOR BOWLS CLUB UNDER CORONAVIRUS RESTRICTIONS

Please see below the guidelines on how we should operate while we are coaching any bowler for the foreseeable future. These points have been carefully considered in order to keep both you as the coach safe, as well as the bowler and must be adhered to at all times.

- During each session there is to be **no more than 1 coach, 1 helper and up to 2 bowlers to be coached per rink** (the current EIBA recommendations say a maximum 4 bowlers, but this constrained by the amount of equipment (jacks, bowls) that can be provided to keep to a maximum of 6 people per rink). It is recommended that 2 is an ideal number that can be coped with. However, numbers may be further limited by restrictions imposed by the Tier level the club is in or where the bowlers live.
- **Coaches - Please use a face covering at all times.** This is for your safety and protection. If need be consider the use of disposable gloves by coach and helper.
- **Coaches** – You must stay on your rink at **all times** and stay in the same group at break time and put your details and bowlers on the tea sheet for Track and Trace regulations.
- **Bowlers** – To place the mat at all times at the start of the session the coach to tell them that the mat must be on the T, or if outside must be two metres from the ditch but the mat can be placed up the first white line on the side of the rink (to meet any conditions imposed by the club). Also, if you have two bowlers one will place the mat at one end and the other bowler the opposite end.
- **Coaches** - Use four jacks during any session. The standard is three, however please use the additional one for you to show how to hold the jack after they have **delivered two jacks**. If you have two bowlers they must use a different set of three jacks (which ideally can be clearly identified). Once demonstrated, please put it to one side so it can be sanitised.
- **Coaches** – You must remember that if you have more than one bowler they must have their own three jacks and each have a set bowls that they have picked out.
- **Coaches** - Once a bowler has chosen the set of bowls that they wish to use, the remaining bowls/sets that have been touched but are not being used must be noted and put to one side so they can be sanitised at the end of the session (and not used by anyone else until they have been).
- **Coaches** - Show the bowler the bias of the bowl and explain how it would work by using another unused bowl (not one of the woods that they will be using). Once demonstrated put your wood/woods to one side to be sanitised.
- **Coaches** - If you wish to use felts (or other materials) as an aid then please use your own. **You must** place them on the green, not the bowler. However, you can get them to tell you where they think they should be placed. If you have a helper, they must use their own felts to mark where the bowl has finish. **Please do not share items.**
- **Helpers** – **Please use jack/wood lifters at all times when you are asked to move jacks/woods** (unless they are wearing disposable gloves)
- **Bowlers** - Must be the only person to use or touch their jacks and bowls during the coaching session.
- **Once the session has finished please put all equipment used/touched to one side so it can be suitably sanitised before being put away.**

Please keep to the Club COVID-19 Policy at all times.