

## **Bowls Participation Rules**

(Additions and modifications for Phase 2 highlighted in yellow)

**This Provincial Sport Organization (PSO) – Lawn Bowls Nova Scotia (LBNS) Return to Play (RTP) Phase 2** plan will contain three (3) sections:

- a) Detailed listing, to be adopted by all clubs as Common Operational Safety Procedures (see National Sport Organization (NSO) – Bowls Canada Boulingrin (BCB) document CHECKLIST).
- b) Documented and approved, individual Club-specific Operational Safety Procedures, for each club, as appendices in the RTP **Phase 2 plan**.
- c) **Bowls Participation Rules.**

### **Purpose**

**Health and safety, for all members.**

**Safe return to play for our sport of bowls in Nova Scotia.**

**Prevention of contagion spread.**

### **Authority**

**LBNS Safety Officer, Club Safety Officer, and On-Duty Monitor hold the responsibility to ensure compliance with these rules and have the authority to apply LBNS-sanctioned measures when non-compliance occurs. Infractions will be recorded with LBNS Safety Officer on the day of occurrence.**

### **A. Tracing Protocols (Public Health requirement)**

- LBNS must implement tracing protocols for our sport before allowing participants to return to play at facilities.
- Tracing protocols for LBNS RTP, require clubs to keep accurate records of participants and volunteers, and their contact information, throughout **Phase 2** (and subsequent phases).
- Clubs must appoint a Safety Officer or safety committee that will be responsible for overseeing and monitoring the return to play protocol.
- Club Monitors will keep daily records and submit these to club Safety Officer on an on-going basis or upon request by overseeing authorities.
- Each club's Safety Officer will retain the weekly schedule and attendance record (names only) for their respective clubs to be made available to LBNS Safety Officer when requested.
- Each club must establish a process to notify members and those directly impacted should a participant test positive

### **B. Pre-Screening**

- Clubs will ensure that all participants are aware of signs and symptoms of COVID-19 and post signage, with screening instructions and Public Health information (COVID-19 symptoms, *Declaration of Compliance* questions, and Bowls Participation Guide, handwashing).
- All participants must register with their club for participation, with their individual contact information, before being scheduled to participate and/or volunteer.

## MODIFIED LOCAL GAMES

- Each participant and/or volunteer must complete the LBNS Return to Play Waiver and the Declaration of Compliance to submit to their club Safety Officer before engaging in activities at the club.
- Each club will submit to LBNS Safety Officer an up-to-date list of intended participants and volunteers, and their contact information, before approval to begin.
- Clubs must organize a schedule of play, for members wishing to participate, with their contact information, and a list of volunteers, with their contact information.
- Participants may engage in activity at only one club throughout the **Phase 2** period. For members transferring to their 'dual-member' club for Phase 2, a new club-specific insurance waiver and a new Declaration of Compliance must be completed for that club and submitted to that club's Safety Officer. Both clubs must be informed of the transfer prior to the start of play.
- **Each club Safety Officer will confirm with LBNS Safety Officer, that all safety protocols have been reviewed with participants, followed by the club's status for readiness to begin, before actual start-up of Phase 2.**
- LBNS Safety Officer will carry out announced and unannounced inspections throughout **Phase 2.**

**C. General Safety Protocols****(Continued, as required for Phase 1)**

- **If you are feeling unwell, regardless of the symptoms, stay home.**
- A list of **symptoms of COVID-19**, and a **'STOP Do Not Enter'** caution sign is posted at club entrance;
- **Safe Social Distancing, 2m, is expected at all times.** A **'reminder'** sign is posted at each club.
- **A "waiting area" should be marked appropriately with physical distancing cues, away** from the playing areas, so that participants in the earlier time slot do not cross paths unnecessarily, going to and coming from the facility.
- Participants are **not permitted to congregate in the parking lot** either before or after they have finished bowling. Clubs **may** post a sign to remind bowlers of this protocol.
- **Bowlers and volunteers will wear masks while coming and going** from their assigned rink; Bowlers can choose to de-mask while on their assigned rink but, must ensure safe distancing while on the rink. **Members who have special circumstances of inability to don a mask, must present this to the club's Safety Officer to arrange alternative entrance/exit procedures, before beginning to participate in Phase 2.**
- **Each participant, at their request for admission to the facility, must answer the posted Pre-screening questions and confirm their intent to comply with all safety and participation rules, to validate BCB, LBNS, and Sport Nova Scotia insurance coverages.**
- **Clubs are required to educate volunteers and participants (conduct a REVIEW of Phase 1) on Phase 2** protocols and respective responsibilities for participation or volunteering.
- **Training REVIEW** will occur for all volunteers of the club, prior to **beginning Phase 2.**
- **Participants should clean their hands frequently rather than wear gloves and avoid touching their faces.**

## MODIFIED LOCAL GAMES

- Clubs will educate volunteers and participants on [proper handwashing and hygiene techniques](#). **An information sign is posted at each club.**
- All common-touch surfaces and used materials will be disinfected before and after use.
- **Access to closed spaces or equipment, including benches, is restricted.** If limited access to a storage shed is permitted by a club, specific cleaning and sanitization procedures, in compliance with all safety protocols, must be detailed in *Club-Specific Operational Safety Procedures*, as approved by club's Safety Officer.

D. Turf Maintenance

- For **Phase 2**, continue following safety standards for minimum requirements to maintain greens. Follow BCB instructions for green maintenance.
- Protocols for operations and safety **are** posted.
- When groundsheets (or aprons) are required to be used, to protect the green, they must be laid at the beginning of the day and remain in place until the end of the day. Groundsheets must be disinfected at the end of each day. The alternative is to close the green for that day to prevent damage to the surface.
- Club Greens Chairperson should be in communication **with HRM greens crew and LBNS** greens chairperson, Don Murchy, to determine days and dates for the applications to the greens that prohibit their use. This is important information for each club's Schedule.

E. Phase 2 Clubhouse / Indoor Restrictions

- **The clubhouse, washrooms, and closed-in spaces (e.g., bowls rooms) will remain closed, during LBNS RTP Phase 2, to further reduce the potential of infection spread and to comply with public health and municipal facility use requirements.**
- **Signage** is posted by all entrances, outlining the safety protocols and physical distancing guidelines. (Signs for physical distancing, handwashing, pre-screening questions, corona virus symptoms, BCB infographic poster for bowls activity.)
- **Water taps/fountains are closed to participant use. Please bring your own water.**
- Clubs **may** provide **hand sanitizer or disinfectant wipes** in common places (or bowlers will bring their own – club decision.) Participants are asked **to take home their own waste material.**

F. Phase 1 Equipment Use Limitations

- Bowlers will bring and **use their own bowls. Bowls must be cleaned at home between uses.** (Clubs may consider lending a set of bowls. *Please request to LBNS to make schedule arrangements for access to bowls storage facility for this lending procedure*).
- Clubs will designate a separate area around the facility, outside the bowls storage area, for

## MODIFIED LOCAL GAMES

**placement and cleaning of jacks** to be used during Phase 1. **Jacks to be used only once** before being sanitized by the appointed safety personnel.

- **Participants will not access closed spaces or restricted equipment.** This includes benches. (Outside benches will be considered off limits unless a club commits to regular sanitization of all exposed surfaces of the furniture.)
- Cleaner volunteer will ensure that **used jacks are appropriately cleaned, stored,** and are ready for use for subsequent days.
- **Safety personnel, Cleaner and others, will wear appropriate Personal Protective Equipment (PPE)** (mask, gloves, safety goggles, and/or possible 'apron', when sanitizing jacks and surfaces, and handling waste materials.

**G. Phase 1 Bowls Participant Expectations**

- **Playing time slots** will consist of **a pre-scheduled, 60-90minute block** for each draw. Participants may be permitted to schedule more than one block in a day, but not two back-to-back, and only if equitable in distribution among participant requests.
- **Participants will communicate with the Scheduler** to be assigned a time block. Club Scheduler volunteer will manage the scheduling process (electronic, if possible).
- **Pre-determined substitutions** may occur, as designed by a club, with the Scheduler, at least 24 hours before the draw time. These substitutions are the responsibility of the Club Scheduler at the request of a participant and must be communicated to the Monitor of that draw, at least 24 hours before the block session is to begin. All changes of this type must be accurately recorded by the Monitor and registered with the Safety Officer by the end of that day.
- **Participants will pre-schedule the use of a rink.** Those without a pre-scheduled time will not to be permitted access. Do not just show up.
- **Participants will arrive no more than 5 minutes before their scheduled time** slot to discourage loitering. Leave promptly when you are finished.
- **Participants will wait** for Monitor signal for entry to begin, for their pre-scheduled time to participate. **Wait in the designated waiting area, or in car, upon arrival at the club.**
- **Do not loiter in the parking lot** before or after you have finished bowling.
- **Do not bring visitors** with you to your scheduled bowling time slot.
- **Monitor will refer to posted signs and proceed with Pre-screening questions with each participant protocol upon entry.**
- **Each participant will be asked and will agree to adhere to the club protocols during their block session (Declaration of Compliance waiver that was signed) before being admitted to the facility.**
- **Monitor will 'check in' participants and indicate assigned rink,** record time, and proceed with 'check out' at end of **the designated time.**
- **Physical distancing must be maintained,** except in the case of a family group, by staying a minimum of two (2) metres six (6) feet, away from each other, on and off the green.
- **The number of people on a rink is a maximum of four, usually two at each end,** during modified games of Phase 2. Exception would be if a three-person, 4-3-2-1 game format, or a coaching situation and would still require careful maintaining of physical distancing.
- **There will be at least one empty, standard rink, a measure of 4.3 metres,** between

## MODIFIED LOCAL GAMES

rinks being used.

- **Stick to your assigned rink and maintain physical distancing.** Do not visit with other people.
- **When not delivering a bowl or directing the head, stand on the rink boundaries or in the adjacent rink** and at least 2 metres from all other players. Each team could have its own 'side' to stand on.
- **No club mats** will be used during Phase 2.
- **Bring a towel, or own mat,** to use at your turn, in place of a club mat in the delivery area. Each bowler will tend their own 'towel-mat', re-locating it, end-by-end. Individuals are responsible to take their own equipment home to clean in between sessions.
- **At crossover, players can use the unoccupied rinks** to avoid passing too close to each other. If 'towel-mat' being used, re-locate it with you, at 'crossover'.
- **Do not shake hands or high five.** Start and finish each game with a wish for a "good game" or a "thank you".
- **Two jacks, may be used on each rink. Designate one person** to use and set each specific jack, if to be used. Tennis balls or half tennis balls may be used. The jacks, if used, will be cleaned and sanitized before and after use. A designated area for soiled jacks will be set.
- **Jacks delivered should be moved /centered by nudging with a foot.**
- **Do not share any equipment.**
- **Do not touch someone else's** bowls, jack, or towel-mat
- **Pushers, or rakes, will not be used during Phase 2.**
- **Do pick up your own bowls** or kick the bowls in.
- **Off-bias bowls must be stopped by foot before nearing another active rink.**
- **Modified games may take place during Phase 2**
- **Scores may be tallied during modified games in Phase 2** but, must kept by a single participant using own materials, not shared. Club score cards will not be made available.
- **Measuring is permitted** by one measurer only, after completion of each end, using own tape and no touching of bowls or jack.
- **Reminder that these are not formal games.** If measuring is impeded by the lie or position of a bowl(s), measuring is not permitted in that case. Two (2) metre distancing is required by onlooker(s) and no bowls may be removed to a towel, as usually done, rather 'shots' should be mentally noted.
- **Bowls that go in the ditch** will remain there, even if they are not touchers, to be picked up by their owner for use in the next end.
- **Touchers** may be marked using only spray chalk. A toucher in the ditch may be deflected by a non-toucher in the ditch. So be it. Leave it where it comes to rest.
- **No re-spotting the jack.**
- **Draws and tap shots** are anticipated, **drives are not,** to avoid crossing into another rink.
- **Burnt ends are NOT replayed.** Carry the score forward and the same lead will go first in the following end. This way, only the same lead delivers the jack.
- The **team Lead handling the jack** must collect the jack from the 'sanitized' location and return it for sanitizing, to the designated place, at the end of the game.
- **Game formats offered in Phase 2** are the responsibility of each club, and

## MODIFIED LOCAL GAMES

- ✓ must comply with all operational safety procedures of LBNS RTP Phase 2 plan
- ✓ must provide equitable opportunities for all interested members.
- ✓ must be detailed, each different format, in Club-Specific O.S.P. of it's RTP Phase 2 plan.

- See *APPENDIX* for **Modified Games** suggestions

**Regarding Coaching and Coaches during LBNS RTP Phase 2**

1. **There will be no general coaching, nor club coaching or basic bowls instruction**, including coaching for initiation or LTAD *Introduction to Bowls, Learn to Play, Train to Play, Bowls for Life* development **during Phase 2.**
2. Coaching, with competition and performance coaches, for athletes engaged in LTAD *Learn to Compete / Train to Compete / High Performance* development, is permissible, following all prescribed rules and safety procedures.
3. If coaches are available, they must adhere to all RTP protocols, including those for *Pre-screening* and club facility access and use (i.e. signed waivers and forms, pre-scheduling, monitoring, cleaning, and sanitization).
4. Eligible members may arrange individual or pair coached sessions of 60-90 minutes through Club Scheduler, with approval of Club Safety Officer.
5. The club's Coaching Director should be made aware of an impending coaching session(s), so to maintain a record, for meeting LBNS provincial sport outcomes.
6. Coaches must be members of the Club in which coaching will occur and that club must be their selected club for participation through this Phase 2.
7. Coaching sessions should not pre-empt regularly pre-scheduled bowling draws but may occur at the same time if a rink is available.
8. Coaches may not share equipment with participants.
9. Coaches cannot count in excess of numbers of participants on the rink (max. 4 – Phase 2) and must maintain physical distancing on that rink.
10. A coach may not move between rinks during a single session.
11. **All safety and distancing protocols must be adhered to in any case, by all participants.**

## **APPENDIX**

### Modified Games for Phase 2 Return to Play

#### *2-bowl Pairs*

- Play 2-bowl pairs using 4-3-2-1 scoring format
- First to 51 points

#### *Distant Singles Game*

- 2 players (each on their own rink), 4 bowls each, 8 ends
- The jack is set at a specified length for the game. Each player plays on their own rink and draws to their own jack. Measure the distance of each bowl from the jack (i.e. inches or centimeters); whoever has the lowest average distance (over 32 bowls) is the winner.

#### *Pressure Game*

- 2 players, 3 bowls each, 3 end sets
- for the first set, player one has an extra bowl which is placed (front toucher) before the first bowl is played.
- for the second set, player two has the extra bowl

(simulates the situation when a lead has an outstanding first bowl - protect a good shot

/ minimize losses)

#### *Consistency*

- 2 players on a rink using either 3 or 4 bowls. The closest 4 bowls count and they are each worth 1 point. This keeps the score quite close.

### *Singles Serve*

- 2 players, 4 bowls each
- \*based on squash scoring system- serve to win a point/shot
- a player only scores by winning the end to secure serve, and then must win the subsequent end to score points
- losing that end means the other player has the serve and capacity to score on the next end
- play first to 7 shots

### *Skins Game*

- 2 players, 4 bowls each
- played as a normal game of singles with player holding shot establishing mat placement and length to play
- on each end the player with the bowl furthest from the jack has that bowl removed for the rest of the game
- no drives; a jack moved more than two mat lengths is returned to its original position
- winner is the last player to have bowls in play

(maintaining bowls in a scoring zone, beating opponent bowls, weight control)

### *FULL House: Decision-making*

- 2 players, 4 bowls each
- play singles where each player has to deliver each of these four types:
  1. Forehand draw
  2. Yard to 2-yards on shot, hand of choice
  3. Backhand draw
  4. Drive, hand of choice
- each player chooses the order when they use each of these four deliveries as part of the decision-making process

### *Add to 8*

- 2 players, up to 8 bowls each
  - both players have 8 bowls available, and will always have 2 bowls to compete
  - each player starts with two deliveries, as a minimum every end, however, whoever wins the first end can now add a bowl for delivery the next end
  - if they lose that following end they forfeit that extra bowl and both players are back to two deliveries
  - consecutive winning ends means you add bowls to play with
- (\*alternate game- add a bowl every time a player wins an end (no forfeiting) until one player earns all eight bowls)

### *JACKO*

- 2 players, 4 bowls each
- play as a regular singles games, without the jack (which is not thrown until after all bowls are delivered)
- as the end progresses, players have to consider where best to place their bowls to minimize lost points
- the jack is rolled by player one (predetermined), and the end is scored
- if the jack goes out of bounds, is short of the legal playing length, or goes in the ditch, the opposition has a chance to roll the jack to their shot advantage

### *Heartbreaker*

- 2 players, 4 bowls each
- After all bowls have been delivered, remove each player's closest bowl before determining shot/scoring.

### *Crown Bowling*

- 2 players on a rink. Number of bowls could be 2 - 4 depending on whether you want to keep things moving quickly or not so much. Players bring their mat along with them.

The closest bowl is declared the winner. That person then drops the mat near the head, tosses the jack to an open space and rolls the first bowl

### *Singles with a marker*

- 3 bowlers are on the rink but one of them takes their turn to mark for the other two. If you play 18 ends you could rotate the marker every two ends OR change the marker every 6 ends. Either way, players mark 6 ends and play 12 ends

### *Singles with exercise*

- 2 players, 3 bowls each
- The game is singles with one person at each end. Player A rolls 2 bowls. Players switch ends. Player B rolls three bowls. Switch ends. Player A rolls the hammer.
- Next end: Player B rolls 2 bowls. Players switch ends. Player A rolls 3 bowls. Switch ends.

Player B rolls the hammer.

- Play twelve ends.