

## **BOWLING CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Galion City Schools Bowling Program. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

### **Preparing for Activity:**

1. Wear braces and supportive equipment or garments to all practices and matches.
2. Clothing and bowling-specific shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. No horseplay, rough-housing, hazing or initiations.
10. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

### **At the bowling house:**

1. Bathroom and locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your assigned locker.
4. Do not interfere with the play or enjoyment of the facility by others.
5. Be alert to raised thresholds in doorways.
6. No horseplay, rough-housing, hazing or initiations.

### **Entry to contest or practice site or travel to contest/practice site:**

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces of bathrooms, ramps, stairways or bowling surface.
3. Be alert to the following:
  - a. moving balls on the return area
  - b. bowling balls, rolling, or deflecting.
  - c. malfunctioning pinsetters
  - d. malfunctioning ball return machines. NEVER place hands inside the ball return.
4. No horseplay, rough-housing, hazing or initiations.

### **Preparing to play:**

Do all stretching exercises as directed by the coaches. Follow the prescribed warm up. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

### **Hazards specific to bowling:**

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice and players should make use of each one.
3. Foot problems--refer to coach or athletic trainer
4. Other skin problems--refer to coach or athletic trainer.
5. Ankles and other orthopedic problems:
  1. Sprains--new--ice, compression, elevate, rest
  2. Sprains--old--taping, easy workouts, rehabilitative exercise.
  3. Injured or broken fingers and fingernails including ingrown nails.
6. Weight and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
8. Never roll a ball while a pinsetter is malfunctioning or try to fix the machinery yourself.
9. Never roll a ball while another one is already on the lane.
10. Muscle soreness and possible strains occur more frequently at the beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
11. Making contact with or walking on the oiled lanes could possibly result in serious bodily injury.

### **Emergencies**

Because of the physical nature of bowling, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Be alert, look around. Get the attention of other people as they may need to help. **DO NOT move the victim!**
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways:
  1. Helping with the injured person
  2. Telephoning for additional assistance
  3. Obtaining first aid supplies or equipment
  4. Directing the rescue squad to the accident site
  5. Keeping onlookers back.