



# Return to League COVID-19 Guidelines 2020-2021 season

## What you need to know before bowling:

- Must be symptom free for at least 14 days before returning to bowling.
- If you are sick or showing symptoms, stay home.
- Wash and sanitize your hands often.
- Do not touch your face, eyes and mouth with dirty hands.
- Practice social distancing. (6 feet apart).
- Wear a facemask to help prevent exposure to airborne particles. Even during bowling. Face masks available at the front counter. Staff required to wear face masks.
- Sun Ray staff will wipe down and disinfect seating area and bowler area prior to each shift of leagues
- All bowlers are required to login into our COVID-19 Guest log

## What you should do during bowling:

- Wash and sanitize hands during league. Increased sanitizer stations are located throughout the center
- Do not touch your face, eyes and mouth
- Do not touch other bowlers. Try to stay away from high fives.
- Face mask **MUST** be worn at all times. Even during bowling competition.
- Practice social distancing. Teams on odd lanes will sit on the Tall tables. Even lanes will sit on the even table keeping a distance between teams. Bowler courtesy will keep bowlers 6 feet apart.
- Due to capacity restrictions spectators are not allowed
- Do not sneeze without covering your mouth and nose
- Standing sheets and other league material will be made available paperless. Bowling Apps.

## After Bowling

- Wash your hands
- Do not touch your face or mouth
- Keep a record of your health and report any symptoms. Include food beverages.
- Practice social distancing. Especially between shift changes. Be mindful of bowlers coming in.
- Keep a face mask on at all times.
- Wash and sanitize your bowling equipment that you used during league
- Keep a list of bowlers you have been in contact with each day



**Triple shift** will adhere to the federal, state or local guidelines when participating in any activity.

