

Olympia School District

BOWLING ---- SAFETY GUIDELINES

Prior to participating, both the student and parent must read carefully and sign.

When a person is involved in any athletic activity, an injury can occur. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with bowling. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before any activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching and conditioning.
2. Perform only those skills and techniques as instructed and/or supervised by your coach.
3. Be sure all equipment, especially shoes, is fitting properly before each day's activity. Bowling shoes are made for the slippery bowling floor, because their sole has a nonslip surface that keeps you from slipping and/or falling. It is essential that proper bowling shoes during participation.
4. In order to protect the safety of all squad members, you must inform your coach of any injuries and/or health conditions prior to each day's activity.
5. Notify your coach immediately if injured.
6. Practice only when your coach is present.
7. Wait for the ball return to be completed before picking up the ball. The return is mechanized and consists of many moving parts that may catch arms/hands and/or clothing which may cause injury.
8. Use both hands to when picking up the ball. Avoid using the finger holes to pick up the ball as this places extra strain on your wrist and fingers.
9. Stay within the bowling lane. Do not step outside the bowling lane, marked by the horizontal line known as the fouls line.
10. Before rolling the ball, make sure your hands are dry and the area around you is clear of others.
11. Always follow the directions of your coach.

The above information has been explained to me and I understand the list of rules, safety, regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the bowling programs.

Student Name (Print)

Student Signature

Date

Parent/Legal Guardian Signature

Date