

NWIHSB Covid-19 Rules

- Make sure that you are following all current local, state, and federal COVID guidelines.
- Maintain social distancing.
- Teams may switch sides, observing all social distancing protocols.
- An open pair in between each pair for social distancing with team standing in middle area between ball returns. If unable to do then 1 team per pair
- Refrain from using benches and any other common areas or touchpoints.
- Refrain from touching other player's equipment.
- Continue use sanitize wipes throughout play when touching or changing scores and resetting pins. Wipes will be made available.
- No pre-game/ during and post-game handshakes/high-fives/fist bumps.
- Conduct workouts in "pods" of same student-athletes always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those student-athletes and staff who attend each practice in case contact tracing is needed.
- Cloth Face Coverings: Per the State of Indiana's order, face masks have been mandated for all not engaged in strenuous activity. Players on the bench, essential coaching staff members, officials table personnel, and officials must always wear a mask .
- Bowler's may remove their face covering when on the approach.
- Face Mask; Must cover both their Nose and Mouth.
- Neck Gaiters: An encouraged form of face covering. This will assist players in locating their face mask when entering and exiting the lane. A neck gaiter must be worn as the manufacturer intended, over the face when off the lane and around the neck when in the contest.

CONSIDERATIONS FOR PARENTS

- Make sure student-athlete and immediate household members are free from illness before participating in practice and competition if there is doubt stay home!
- Personal items for student-athlete must be clearly label items with their name.

- Spectator Seating
- Family units may sit together but using 6 feet of social distancing between another family unit.
- Seating could be no more than 50% capacity with a maximum of 250 people in building if required to be.

Close Contact-

- Any students or staff member who has had close contact (within 6 feet of the person for a period of longer than 15 minutes - regardless of face covering usage) with a person with a confirmed COVID-19 diagnosis is not permitted to come onto school grounds for 14 days (quarantine) per ISDH guidelines.
- If the student becomes symptomatic during quarantine, they must follow the symptomatic section.
 - Isolate for at least 10 days from the first day symptoms appeared AND
 - 24 hours fever-free without fever-reducing medications and with improvement of symptoms.
Or The individual can return to school if tested negative AND
 - With a note from the provider stating they believe the patient to have an alternate diagnosis and it is appropriate for the patient to return to school.

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If Contact is Made

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- From here on out, Masks are to be worn by everyone. If your unable to wear one over your Mouth **and** Nose, I ask that you stay home for the protection of everyone else. Those I see without a mask, will be asked to leave the center.
- If you have had direct contact with anyone that has a confirmed COVID-19 test within 48 hrs. of them being tested, you must quarantine for 14 days.
- If bowler has been to a Practice, Match, or Tournament within 48 hrs. of being around anyone that has tested for COVID-19 everyone on your lane MUST Quarantine for 14 Days.
- **An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.**
- **Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.**
- Coaches NEED to take more responsibility to made sure their bowlers are not sick by adding temperature check to your practices and at matches. Coaches need to be tracking who is bowling with who at practices and matches.
- As of November 1,2020, Teams will be bowling on Odd lane for game 1 and even game 2

These Rules will be subject to change as per local or State mandates.