

**Version 1.10v2 (to be applied from 16 May to 13 June 2021)**

18 MAY 2021

## **BOWLSAFE –**

# **GUIDELINES FOR SAFE BOWLING OPERATIONS & ACTIVITIES DURING SINGAPORE’S POST-CIRCUIT BREAKER**

**(TEMPORARY SCALE BACK EFFECTIVE 16 MAY TO  
13 JUNE 2021)**

**Additionally, this guidance has been updated on 18 May 2021  
to include in Section 5 on the measures introduced to  
safeguard the well-being of children and youths (age 18 years  
& below, born in 2003 and before)**

**Proposed by:**

Singapore Bowling Federation

**Approved by:**

SportSG

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## 1 Introduction

The Singapore Bowling Federation supports the national effort to contain the spread of Covid-19. The Inter-Ministry Task Force has outlined that with the end of the Circuit Breaker on 1 June 2020, businesses and activities may gradually resume in three phases (See Appendix A for reference) and Sports and Recreation facilities/activities may resume during Phase Two (from 19 June 2020) with safe management procedures in place. On 17 June 2020, SportSG provided an advisory which listed several key factors to be considered for the return to sport activity in Phase 2 (**last updated on 24 Dec 2020 for Phase 3**), i.e. group-size & facility capacity limitation, safe distancing, mask wearing and environmental factors, etc. **BowlSafe** is aligned to the SportSG and outlines measures to enable the safe resumption of:

- a. Bowling Centre operations
- b. Organised group training (National Training, Centre of Excellence Training, etc)
- c. Competitions and Leagues

**This latest version of BowlSafe (version 1.10) is in response to the national posture to scale back activities in an effort to curtail local transmission of Covid-19. Version 1.10 is to be applied from 16 May to 13 June 2021, in accordance to SportSG's Further Stricter Safe Management Measures for Sports And Physical Exercise & Activity Advisory published on 14 May 2021**

## 2 Objective of BowlSafe

Bowling is a sport which promotes physical and mental well-being. However, with the ease of transmission of Covid-19, the potential deadly effects of contracting the virus, the absence of a vaccine or effective cure, bowling may only resume if there are adequate measures to mitigate the risk of contracting Covid-19. BowlSafe outlines these measures with the key priority being safety. To come up with these measures and gauge its effectiveness, we questioned whether with these measures in place, the risk of a person contracting Covid-19 during participation in any of the activities outlined could be effectively minimised.

## 3 Understanding Covid-19 and the basis for all safety/control measures

SARS Cov2 – the virus which causes Covid-19 is still being studied and understood and as more information is obtained about Covid-19, the control measures can and will be refined. What do we know at present about Covid-19?:

- a. Covid-19 can be spread by droplets when someone sneezes or coughs. When a person coughs or sneezes, the droplets can be spread about 2m away before it falls to the ground or lands on other surfaces. The micro droplets containing the virus can also be suspended in the air for quite a long period of time. Covid-19 can survive on surfaces for varying periods of time, for at least a few hours.
- b. The common routes the virus can enter the body readily is via the mouth, nose and eyes, e.g. you can pick up the virus through inhaling microdroplets from an infected person which is suspended in the air or touching surfaces which may have the virus and subsequently touching your face where the virus can then enter your body via the mouth, nose and eyes.

- c. Covid-19 symptoms which are common include fever (above 38 degrees Celsius), coughing, sneezing, loss of taste and smell, fatigue and difficulty in breathing. However, there are people who have contracted Covid-19 but who displayed no symptoms.
- d. The elderly and those who already have health issues are particularly vulnerable to contracting Covid-19 and when they get it they are also likely to suffer more serious effects.
- e. Indoor poorly ventilated areas provide conditions which are more favorable for transmission of Covid-19
- f. What is effective to prevent the spread of Covid-19?:
  - i. Practicing good personal **hygiene** - Washing hands thoroughly with water and soap or alternatively with hand sanitizers.
  - ii. Good **sanitization and ventilation of venues** – high touch surfaces like door handles, buttons, touchscreens, shared equipment or furniture in rest areas need to be sanitized regularly and frequently throughout operation hours. Ensure your venue is well-ventilated will help prevent microdroplets containing the virus from lingering in the air.
  - iii. **Wearing masks when you leave home** helps to prevent the micro droplets carrying the virus from being spread, provided it is worn properly (effective seal is required). Proper handling of the mask is required, e.g. not touching the front of the mask when removing or disposing the mask. Re-usable cloth masks must also be washed properly after each use.
  - iv. **Safe/Social distancing** – we can never be certain about each person’s hygiene practices or if they have worn their mask properly. Hence, it is ideal to deter crowding and keep at least 1m apart from a person who does not stay in the same household as you.
  - v. **Quick contact tracing** in order to **isolate** people who have come into close contact with a person who has contracted Covid-19.
  - vi. **Vaccination** – Government guidelines stipulate that the wearing of mask in public will still be compulsory regardless if the person has been vaccinated for Covid-19.

#### **4 Measures for bowling centre to resume operations**

**4.1** Sports & Recreation facilities like bowling centres may be permitted to resume operating with safe management practices. BowlSafe advocates the following safe management practices:

- a. **Safe Entry/TraceTogether** - There are two aspects of Safe Entry:
  - i. Contact Tracing – **Scan TraceTogether (TT) App or token upon entry.**

- ii. Health and temperature screening – everyone who enters the bowling centre will be subjected to temperature taking (using a contactless thermometer). A daily test of the thermometer must be done (readings should average above 36 degrees Celsius). For temperature reading of 38 degrees Celsius and above using \*forehead thermometer, a second reading will be taken after a 5-min wait (time for trainee to cool down as he/she could have come from a hot environment). It is advisable for the second reading to be taken using an in- ear thermometer (for more accurate reading) and those having a temperature of 38 degrees Celsius and above will be barred from entry and asked to return home immediately. For first temperature reading below 36 degrees Celsius, a second reading will be taken and if the subsequent reading is below 36 degrees Celsius using an ear thermometer, it will be accepted. Anyone displaying symptoms of Covid-19 (coughing, sneezing, difficulty in breathing) may be refused entry. \*bowling centres may use alternative means of prompt body temperature screening such as scanners and these can be used in place of forehead thermometers.
- iii. Only those wearing mask properly (cover nose and mouth with an effective seal) will be allowed to enter. Those who have received the Covid-19 vaccine or who have recovered from Covid-19 will still be required to wear a mask.
- iv. Guests should wash their hands with soap prior to entering the bowling centre and if that is not convenient, hand sanitizer should be made available at the entrance to the bowling centre for guests to use upon entry.
- v. Safe Entry/TraceTogether procedures should be prominently displayed at the entrance of the bowling centre.

**b. Hygiene and Sanitization**

- i. Hand sanitizers (comprise at least 60% alcohol to be effective. [Click here for more information](#)) should be provided at point of temperature taking and bowling centre staff should ensure hand sanitizing. This is an efficient way to ensure that all guests do not have the virus on their hands when they enter the bowling centre. It is also recommended that hand sanitizers be placed at various locations within the bowling centre for ease of use. The bowling centre management should ensure that the hand sanitizer bottles are refilled regularly.
- ii. All high touch surfaces (door handles, counter tops, touch screens, vending machine buttons) should be properly and regularly sanitized ([Click here for information on cleaning/sanitization detergents for sanitization of surfaces and effective against Covid-19 provided by NEA](#)). The frequency of sanitization for high touch surfaces should be minimally twice daily and increased depending on patronage.
- iii. **Bowlers/Lanes area must be sanitized in between usage by different groups.**

- iv. Shoes and house balls should be cleaned daily before and after operations using cleaning agents which are capable of killing bacteria and viruses. When bowlers come to the counter, they will be asked to sanitize their hands before choosing a ball from the ball racks and bring it to the counter to be sanitized before use (finger holes and ball surface). Bowler will then sanitize hands before play. At the end of play, bowler leaves the ball on the Ball Return and bowling centre staff will sanitize the ball (finger holes and ball surface) before returning it to ball rack.
  - v. Guests are to be reminded not to share equipment.
  - vi. If washrooms are located within the bowling centre, they should be cleaned regularly, minimally every two hours. Hand soap should be regularly refilled to ensure it does not run out.
  - vii. Contactless and Cashless payment should be enabled to prevent the need to physically handle cash.
  - viii. Every guest should wear a face mask properly (cover nose and mouth with an effective seal) throughout the time he/she is in the bowling centre. ~~The mask may be momentarily removed for rehydration or for a quick meal in designated areas.~~ Spare masks should be made available to guests in case their mask becomes soiled or contaminated.
  - ix. Notices to remind guests on good hygiene practices should be displayed prominently within the bowling centre.
  - x. Aircon system needs to be well-maintained to ensure temperature in the bowling centre remains at 23.5 degrees Celsius or lower. Bowling centres should look at ways to improve ventilation by enhancing the rate of fresh air return.
- c. Safe distancing – although bowling is a non-contact sport, safe distancing will be required along with the compulsory wearing of mask**
- i. Lane allocation for casual walk-in players should be limited to the following to enable safe distancing of 1m within a group of up to **two (2)** people, and between groups by practicing lane courtesy (see point 4cii for explanation on Lane Courtesy). Each bowling centre is required to work out its own lane allocation and maximum number of bowlers per lanes/pair based on the safe distancing requirement, and **ENSURE** strictly no intermingling between groups **and/or across lanes**. For SBRR @ Temasek Club it shall be:
    - Up to a maximum of **four (4) persons to a pair of lanes** (subject to centre's space allowances) with clear instructions on where the bowlers should sit or stand in order to maintain 1m distance from each other within the same group *at all times*.

- Cross lanes will only be allowed if the group is assigned to a pair of lanes. Should there be two groups assigned to a pair of lanes, cross lanes will then not be allowed (**STRICTLY** no intermingling across groups). Lane Courtesy should be practiced at all times to ensure safe distancing between groups. (See 4cii for explanation on Lane Courtesy)
- Bowlers are expected to remain on their lane/pairs of lanes **(except for designated areas for eating and drinking)** throughout their bowling session. Mingling across groups is not allowed.
- Bowling centre staff should regularly survey the centre personally to ensure compliance.

*Note that non-bowling visitors to the bowling centre may be restricted to deter congregation of people, i.e. during peak hours, only parents accompanying young bowlers who come for training sessions may be allowed.*

ii. Lane Courtesy

- When a bowler gets on the approach and there's someone on either side of them, the general rule is that the first one on the approach bowls first. If there's any question as to who was up first, the bowler on the right should bowl. Bowlers adjacent to each other should not be making their shot at the same time.
  - After you make your shot, walk off the approach in order to give way for the adjacent bowlers to make theirs.
  - Stay off the approach while you wait and be ready to bowl when it is your turn.
- iii. Respect your lane boundaries and don't cross into other bowler's approach areas.
- iv. The capacity for each centre for number of guests allowed in the centre is based on the Gross Floor Area of the centre, i.e. **16sqm** per person and capped at a maximum of 50 persons (Excludes bowling centre staff), whichever is lower. **Larger centres with prior approval for increased capacity will have to reduce their maximum capacity back to 50 persons during period of 16 May – 13 June 2021.**
- v. **ALL (both Virtual & Non-Virtual) Events, Leagues or competitions must be suspended from 16 May till 13 June 2021.**
- vi. Prominent markings should be used to indicate seats/tables in rest areas which are allowed to be used to ensure 1m safe distancing between people.
- vii. Wherever a queue can be expected to form (centre entrance, payment counter, etc), floor markings should be installed to ensure 1m safe distancing between people in the queue
- viii. **Eating and drinking is strictly not allowed in the bowling centre from 16 May till 13 June 2021.**

~~ix. An area should be allocated for drinking and eating. The distancing between people in this area should be at least 1m and marking on seats and/or tables should be prominent to enable such distancing. For bowling centres with F&B, they should follow Inter-Ministry Task Force guidelines for F&B.~~

- x. Bowling Centres should ensure no mixing of groups in the rest area.
- xi. Safe distancing for organised group training should follow the SOP for organised group training (please refer to Point (5) of this document).

**d. Additional requirements for bowling centre staff**

- i. Staff are required to take their temperature twice daily and Management would keep a record of it.
- ii. Should any member of the household in which the staff stays in be issued with a Stay Home Notice or is under quarantine, the staff will not be allowed to return to work until the SHN or quarantine period is over.
- iii. Any staff who feels ill or has Covid-19 symptoms should not report to work and see a doctor
- iv. If any staff has been issued a five-day medical leave by a medical practitioner, he/she must stay home until the completion of the five days even if he/she starts feeling better
- v. Staff should eat separately and maintain a physical distance of at least 1m from each other in their work area
- vi. The bowling centre's appointed Safe Management Officer/s must perform regular and systematic inspections to ensure all the safety measures outlined in Point 4 are practiced.

**4.2 Measures to be taken when a guest/staff has been tested as positive for Covid-19**

**4.2.1 Contact Tracing** – The bowling centre would provide contact tracing information to Ministry of Health (MOH) when requested and obtain instructions from MOH pertaining to quarantine/Leave of Absence, applicable to all staff involved. Any guests who have had close contact with a guest that has tested positive for Covid-19 will be informed via Ministry of Health (MOH) procedures.

**4.2.2 Isolation** – any guest who comes down with fever after entering the bowling centre should be isolated in a room that has been assigned as a Sick Bay and an ambulance will be activated to bring the guest to a hospital/Covid-19 test facility.

**4.2.3 Temporary closure & Deep-cleansing of facility** – Upon being informed of any guest being tested positive for Covid-19, the bowling centre will be immediately closed until deep cleansing has been performed by any of the vendors listed on the National Environment Agency (NEA) website.



## 5 Measures to be taken for organised group training

### (FROM 19 MAY 2021) SUSPENSION OF COACHING CLASSES/PROGRAMMES FOR 18 YEARS & BELOW

Aligning to the Ministry of Education's announcements on 16 and 18 May 2021 to reduce the intermingling of students from different schools and enhance the safety of students, all indoor sport / physical activity classes / programmes regardless of class size that cater to individuals who are 18 years (born in 2003) and below, are to be suspended or moved online. This takes effect from 19 May to 13 June 2021 or till further notice.

5.1 When bowling centres re-open, on-lanes training (the group size would be based on the safe distancing requirement outlined in the latest government/SportSG advisory, i.e. how many bowlers per lane and in total in the field of play based on the 1m safe distancing required between members of each group, and between groups by practicing lane courtesy (see point 4cii for explanation on Lane Courtesy) may be permitted with the following measures:

- **Before training session**

- a. Twice daily temperature checks done by individual trainee/coaches. Temperature to be taken before leaving home/school for training. Those with fever/not feeling well should not come for training and they should refrain from any form of home-based training till they feel better.
- b. It is compulsory to wear a face mask when leaving home/school and during journey to training venue. A re-usable cloth mask or disposable surgical mask may be used. If a cloth mask is used, it should be one which has been washed. If a surgical mask is used, it should be a new one. The masks should be worn properly to ensure it covers the nose and mouth with an effective seal. A spare mask should be brought along (in a re-sealed bag). Trainees should also bring along their personal water bottle and hand sanitizer.
- c. For athletes in SBF programme - No carpooling will be allowed. Safe distancing should be observed while taking public transport.
- d. Trainees and coaches should come properly attired to minimise time/use/gathering in the washroom/changing room.
- e. Trainees and coaches are to download and activate the TraceTogether App and/or carry the Trace Together Token as it enables tracing by proximity to each person
- f. Coaches to check the cleaning/sanitization routine of the bowling centre and be assured that all high touch surfaces are properly cleaned/sanitized (bowling centre to keep record of cleaning schedule).
- g. Coaches will test the thermometer/s for temperature screening (readings should average above 36 degrees Celsius).
- h. Scheduling and lane assignment – training times should be arranged to minimise different groups of trainees mixing. Cross deployment across different groups of

trainees should be restricted. Lane assignments will be based on a maximum of two (2) trainees per group on a lane/ pair of lanes (subject to centre's space allowances) to enable 1m safe distancing between members of each group, at all times. The maximum group size will be up to 30 trainees in multiple groups of two (2) trainees with sufficient coaches to ensure compliance to all safety measures outlined in BowlSafe. For student trainees - trainees from different schools may not be grouped together. The training venue staff and coaches will be required to ensure practicing of Lane Courtesy (see point 4cii for explanation on Lane Courtesy) in order to enable safe distancing between groups of guests/trainees.

**5.2 Arrival at venue** - Singapore Bowling @ Rifle Range Road (SBRR) which is the National Training Centre for bowling is used in this illustration and Academies conducting the Centres Of Excellence (COE) Programme will be required to submit to SBF their safe management plans for the respective centres they conduct their programmes in):

- a. Trainees & Coaches are to proceed directly from car park/shuttle drop off at Temasek Club to the bowling centre and observe safe distancing when taking the lift.
- b. Use hand sanitizer to sanitize hands at point of entry. Enough sanitizer should be used to cover surface of hands and the gel should be rubbed until the sanitizing solution/gel dries.
- c. At bowling centre entrance - Contact Tracing – Scan TraceTogether (TT) App or token upon entry.
- d. Coaches should arrive one hour before training commences to ensure technician has the lanes ready and to facilitate Safe Entry/TraceTogether procedures which include temperature check and QR code scanning at entrance. Coaches will take the temperature of trainees. For temperature reading of 37 degrees Celsius and above using \*forehead thermometer, a second reading will be taken after a 5- min wait (time for trainee to cool down as he/she could have come from a hot environment). The second reading to be taken using an in-ear thermometer (for more accurate reading) and those having a temperature of 38 degrees Celsius and above will be barred from entry and asked to return home immediately. For first temperature reading below 36 degrees Celsius, a second reading will be taken and if the subsequent reading is below 36 degrees Celsius using an ear thermometer, it will be accepted.

*\*bowling centres may use alternative means of prompt body temperature screening such as scanners and these can be used in place of forehead thermometers.*

**e. Coaches are required to wear a face shield/visor as well as a mask.**

- f. Coaches are to check that trainees are wearing their mask properly at all times (nose and mouth covered with an effective seal).
- g. Anyone displaying symptoms of Covid-19 (coughing/sneezing/sore throat/shortness of breath) may be refused entry.
- h. Trainees are to arrive 30mins before training commences to allow adequate time for Safe Entry/TraceTogether procedures to be observed.

### 5.3 Activity at training venue:

- a. Coaches are to inform trainees on their lane assignments and arrange for staggered retrieval of bowling balls and bags to prevent crowding at the ball storage area.
- b. Trainees are to go to the lanes assigned by their coach and keep to their assigned lanes with no mingling between fellow trainees or across their assigned lane(s).
- c. Trainees will sanitize balls and hands before the start of training.
- d. Trainees are to keep 1m safe distancing from fellow trainees and coaches (even during warm up drills) within the same group. Coaches are to ensure that any drill involving any physical contact with a fellow trainee should not be allowed.
- e. Face mask must be worn properly throughout the training session. Should the mask become soiled or damaged, a replacement should be worn. The change of mask should be done away from the training area and not within 2m distance of any other person.
- f. All forms of physical contact (**coaches and trainees**) should be avoided, e.g. high fives, fist bumps, **elbow bumps** etc
- g. Trainees and coaches must practice good hygiene, e.g. regular and thorough handwashing/hand sanitization, especially each time they leave and return to the training centre, covering mouth and nose with a tissue or sleeve during coughing/sneezing), no sharing of drink bottles, or equipment, etc.
- h. **Trainees are to keep hydrated from personal water bottle by stepping out of the training venue, and to sanitise themselves upon re-entering the venue to resume their training. No eating and/or drinking is allowed in the bowling centre at all times. While eating is discouraged, it is permitted for trainees coming from school to training and only at the designated area with safe distancing of at least 1m between persons/tables.**
- i. **Coaches are to remain 3m apart from trainees and there should be no coaching on lanes.**
- j. Upon completion of training, trainees are to:
  - Sanitise bowling balls before stowing balls in bags
  - return balls/bags to ball storage area
  - wipe down high contact surfaces around their assigned lanes (seats, table tops, ball return area) using disinfecting wipes to be provided by bowling centre (applicable at Temasek Club. For other centres, coach should inform counter staff that training is over and the cleaning crew can be activated for sanitization to be done).
- k. After area wipe-down, trainees are not to congregate and should promptly leave the training centre (toilet visit allowed). Check out when leaving the training centre.

### 5.4 Travelling home from training venue

- a. Trainees and coaches should not have any social meet ups before or after training and are required to go home directly.

- b. No carpooling allowed.
- c. Face mask should be worn all the way home.
- d. Safe distancing must be observed when taking public transport/shuttle.

## 5.5 Other precautions

- a. Any trainee or coach who has someone within their household that has been issued with a Stay Home Notice or Quarantine Notice must refrain from training for 14 days and report the matter to:
  - Human Resource Manager (for SBF coach)
  - respective coach (for trainee)
- b. Any trainee or coach must self-quarantine at home for 14 days if:
  - He/she has come into close contact with someone who has tested positive for Covid-19
  - someone in their household has tested positive for Covid-19
- c. The procedure outlined in Para 4.2 is applicable should anyone involved in an organised group training session be tested positive for Covid-19.
- d. If trainee or coach has been issued a five-day medical leave by a medical practitioner, he/she must stay home until the completion of the five days even if he/she starts feeling better.

Any trainee in SBF programmes may be subjected to SBF disciplinary action for failure to comply with any of the safety measures in Point 5.

## 6 Measures to be Taken for Bowling Events

**6.1** ALL Virtual & Non virtual Bowling events (e.g. leagues/tournaments/competitions/funbowl/corporate events etc.) to be suspended until 13 June 2021.

# A SAFE SINGAPORE

## Phases

**1 – Safe re-opening.** Gradual re-opening of some activities

**2- Safe transition.** Broader re-opening of social and economic activities

**3 -Safe Nation.** This is the new normal until a vaccine or cure has been found

**Updated: 19 May 2020**

**Do not spread rumours** - Get the latest on COVID-19 by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](https://www.go.gov.sg/whatsapp)). The service is available in English, Chinese, Malay and Tamil

Wearing a mask outside home is a requirement throughout all three Phases. **Check in and out with SafeEntry when required.**