



Rockin' and Bowlin' into 2021

Games Information Packet

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2020 – 2021 Special Olympics Montana Bowling Blitz

Rockin' and Bowlin' into 2021

With continuing concerns over COVID-19 across the country, and the current Phase 2 restrictions in Montana, SOMT will be altering the winter bowling sport season. The 2021 Regional Bowling Championships originally scheduled for January and February will not be held. Instead, SOMT will offer an alternative plan for bowling.

The alternative bowling plan will allow teams to return to practice and competition, while keeping athletes in their home communities, and in groups of 50 or less. There will be no state level, in-person bowling competitions in the winter of 2021. Details regarding this winter's bowling training and competition opportunity can be found in the SPORTS TRAINING AND COMPETITION section of this document.

SOMT continues to develop their Return to Activity Plans. The plan for winter bowling includes guidance on paperwork for participation, protocols for practices, the creation of two modified seasons, personal protective equipment, and competition opportunities for athletes of all ability levels. As teams return to activities, each team must follow and comply with the guidelines set forth by Special Olympics International and adopted by Special Olympics Montana.

SOMT is utilizing a three-phased approach on return to activities. It is important to note there may be times a community will revert to an earlier phase, if or when, the spread of COVID-19 rises in the future. These guidelines follow the current **Phase 2 activities** protocol outlined in the Special Olympics International [Return to Activities Protocol](#).

With the ever changing COVID-19 landscape in each county, SOMT recommends teams check with their city or county health departments on local restrictions or regulations regarding COVID-19. SOMT is advising teams to follow their local city or county COVID-19 guidelines if the guidelines are stricter than those outlined by SOMT. Example: the recommended practice size of 50 or less may need to be altered if the city/county requires smaller numbers for group gatherings.

Please visit the State of Montana Department of Health and Human Services website below to find contact information for your local health department offices.

<https://dphhs.mt.gov/publichealth/fcss/countytribalhealthdepts>

PAPERWORK:

All **athletes** who plan to compete will be required to be current with paperwork: athlete medical, consent, and athlete code of conduct. In addition, athletes and/or their guardians or caregivers will be required to review and sign off on the [COVID-19 Code of Conduct and Participant Risk Assessment Form](#). This document needs completing only once.

In addition, all volunteers (**area directors, local program coordinators, coaches, volunteers, and unified partners**) will need to have current paperwork: volunteer application and protective behaviors. They will also be asked to review and sign off on the [COVID-19 Code of Conduct and Participant Risk Assessment Form](#) if they are assisting at team practices or a unified partner competing with an athlete. This document needs completing only once.

All paperwork is to be submitted to Lisa Romig at the state office.

- Email: lromig@somt.org
- Fax: 406-770-4456

Due Dates for paperwork:

Except COVID-19 Code of Conduct, which must be submitted no later than after the first official team practice

- Adult Teams – November 30, 2020

- School-Aged Teams – January 25, 2021

PRACTICES:

When teams return to practice, they must meet the following guidelines:

- All athletes and volunteers must be screened before entering the practice area.
- Screening includes a temperature check and specific survey questions listed on the [COVID-19 Screening and Tracking Template for Special Olympics Activities](#).
- The [COVID-19 Screening and Tracking Template for Special Olympics Activities](#) must be completed at the start of each practice. Local Program Coordinators and/or the head coach will be asked to compile and submit all completed COVID-19 Screening and Tracking Templates to the state office at the end of the season. Please submit tracking forms to Lisa Romig. (Email: lromig@somt.org or Fax: 406-770-4456)
- Practice sizes cannot exceed more than 50 people. Size of the venue will require 6ft physical distance between participants, even with 50 or less in attendance.
- All participants must attend regularly scheduled practices. Once practice groups are established, participants must remain in those practice groups.
- COVID-19 [educational signage](#) must be hung in prominent locations at practice venue. Sample **venue signage** is also available on the [SOI Return to Activity](#) website. Please scroll to the bottom of the page to access the downloadable zip file.
- If holding back to back practices, teams must leave enough time to disinfect the venue and equipment BEFORE the next team arrives.
- All sports equipment and shared surfaces must be disinfected between uses.
- No outside spectators will be permitted. Parents, guardians, and caregivers dropping athletes off at practice must remain outside the facility during practice.
- Facemasks **MUST** be worn at all times by athletes and unified partners, coaches, and team volunteers.
- In Phase 2, indirect contact MAY resume, but in limited capacity. Direct physical contact MAY NOT resume (e.g. high fives, hugs, huddles). During practice, athletes, coaches, and volunteers must maintain physical distancing of 6 ft.
- Coaches are encouraged to continue COVID-19 education with athletes and unified partners at the start of each practice while completing the screening.
- **For coaches attending multiple practices, please be sure to wear your facemasks at all times, use hand sanitizer regularly, and social distance as much as possible. Extra precautions are advised to help reduce the risk of exposure when attending multiple practices.**
- **Bowling specific practice requirements:**
 - Athletes and unified partners must be placed in practice pods of no more than 4 to 6, which means there would be no more than 6 athletes or unified partners on a lane. NOTE: bowling alleys may require less than 6 per lane.
 - When setting up practices (50 people or less), include all athletes and unified partners, coaches, team volunteers, and a portion of the bowling alley staff in the 50 count, as they will likely interact with the Special Olympics group. Example: resetting the computer or retrieving stuck bowling balls.
 - Special Olympics Montana recommends staggering the seating for athletes and unified partners while in their practice pod/bowling on their assigned lane.
 - Example:
 - Lane 1 – athletes and unified partners seated on deck
 - Lane 2 – athletes and unified partners seated in pit
 - Lane 3 – athletes and unified partners seated on deck
 - Lane 4 – athletes and unified partners seated in pit

- Facemasks **MUST** be worn at all times by athletes and unified partners, coaches, and team volunteers.
- Teams **MUST** socially distance from other outside groups also using the bowling alley.
- Bowling balls may not be shared by athletes and/or unified partners. Each participant must use their own bowling ball. Bowling balls must be sanitized and/or disinfected before another competitor uses it.

Practice Facilities/Venues:

As teams begin securing bowling alleys for practice, Local Program Coordinators or Head Coaches are asked to submit contracts and/or facility use agreements if requested from the venue to Cindy Reiquam (creiquam@somt.org) at the SOMT office for approval and signature. Please **DO NOT** sign any contracts on behalf of SOMT. All contracts and/or facility use agreements must be signed by SOMT COO or CEO.

Travel Guidelines 10-29-2020:

As referenced in the October 26, 2020 registration email, Special Olympics Montana has now finalized travel guidelines for the 2020 – 2021 SOMT Bowling Blitz.

If teams plan to travel out of their local geographic area for practices, teams must only travel to areas with similar COVID-19 case numbers.

Teams traveling by bus to any practice, must also adhere to the following COVID-19 guidelines:

- Temperature checks and completion of COVID-19 tracking forms prior to boarding the bus
 - This includes athletes, unified partners, coaches, team volunteers, and the bus driver
- Hand sanitizing prior to boarding the bus
- Facemasks must be worn at all times
- Social distancing must be adhered to on the bus
 - Example: One person per seat

NO overnight travel is allowed at this time!

If there are questions, please contact Jamie Wood, VP Sports, jwood@somt.org or Mandy Patriarche, apatriarche@somt.org

High Risk Participants:

Lastly, Local Program Coordinators and Head Coaches are highly encouraged to review the document named: [Who Is Considered At Higher Risk For COVID-19](#). This document may assist in identifying athletes who should be participating in the *Compete from Home* level (additional details available in the Sports Training and Competition Section). This document also applies to all volunteers who may fall into this high-risk category and may not be comfortable returning to practice.

Educational Videos for Returning to Practice:

- [Return to Activities: Travel to Activity and Onsite Screening](#)
- [Return to Activities: Preparing the Venue](#)
- [Return to Activities: Examples of Coaching Adjustments](#)

What to Do If an Athlete or Volunteer Answers Yes to A Survey Question, Or Arrives with A Fever During the COVID-19 Screening?

If an athlete or volunteer answers “yes” to one of the survey questions or arrives with a fever, please follow the steps below:

- 1) Isolate athlete or volunteer
- 2) Send athlete or volunteer home from practice
- 3) Have athlete or volunteer contact their healthcare provider

If an athlete or volunteer is found to have COVID-19 symptoms, they must wait 7 days after symptoms resolve to return to activity or must provide written proof of physician clearance to Special Olympics Montana before returning to activities. Physician clearance must be submitted to SOMT state office and Local Program Coordinator.

Participants who test positive for COVID-19, must contact the Special Olympics Montana state office and head coach or Local Program Coordinator as soon as possible. He or she must provide written medical clearance from their health care provider before returning to activities.

NOTE: When performing the temperature check, if the participant has a temperature of 100.4 or higher, they may be rescreened after 5 minutes to ensure the temperature is accurate. If the temperature is still 100.4 or higher, follow the steps above. During the 5-minute wait, please make sure participant is kept in a shaded and cool area. Do not allow them to stand in direct sunlight, if outside.

PERSONAL PROTECTIVE EQUIPMENT (PPE):

To assist teams in dealing with the challenges of COVID-19 screening, SOMT will provide the following personal protective equipment (PPE) to each team:

- Thermometers (*it is recommended that teams have additional AA batteries on hand during practices for thermometer*)

Teams will be asked to submit requests for thermometers by the dates below:

- Adult Teams: October 26, 2020 (Thermometers will be shipped 10/28/2020)
- School Aged Teams: December 21, 2020 (Thermometers will be shipped 12/23/2020)

Teams will be responsible for providing:

- Disposable facemasks for all attendees (if they do not have their own)
- Hand sanitizer – recommendation is for hand sanitizer to contain at least 60% alcohol
 - **NOTE:** DO NOT use sanitizers that contain methanol alcohol (wood alcohol) as it is toxic
- Sanitizing products for all sports equipment and shared surfaces in the venue (***CDC/EPA guidelines recommend using 1/3 cup bleach to 1 gallon of water for sanitation purposes. Clorox and/or Lysol wipes are also an approved method for sanitizing.***)

Facemasks: Athletes, unified partners, coaches, and team volunteers are required to wear facemasks at all times. Facemasks are also required while athletes and unified partners are bowling.

MODIFIED SEASONS:

For the winter bowling season, SOMT will offer two modified seasons, one for Adult teams and one for School-Aged teams.

Community teams consisting of both adult and school-aged athletes will be asked to host their practices and competition during the adult team season or will be allowed to host separate seasons for adult and school-aged athletes.

Adult Team Season: *It is expected that all teams will practice a minimum of 6 weeks (or 6 practices), but teams may begin practices if they are following all protocols listed in this packet. Adult Team Season: November 9, 2020 – December 18, 2020*

- Games Information Packet & Registration Forms distributed: October 26, 2020
- Personal Protective Equipment Request Form due: October 26, 2020
- Registration, preliminary scores, and all paperwork due: November 30, 2020
- Final scores due: December 18, 2020
- Final scores calculated and awards sent to areas: Week of December 21, 2020

School-Aged Team Season: *It is expected that all teams will practice a minimum of 6 weeks (or 6 practices), but teams may begin practices if they are following all protocols listed in this packet. School Aged Team Season: January 4, 2021 – February 12, 2021*

- Games Information Packet & Registration Forms distributed: October 26, 2020
- Registration Redistributed: December 28, 2020
- Personal Protective Equipment Request Form due: December 21, 2020
- Registration, preliminary scores, and all paperwork due: January 25, 2021
- Final scores due: February 12, 2021
- Final scores calculated and awards sent to areas: Week of February 15, 2021

AWARDS:

All athletes and unified partners competing in the 2020 – 2021 winter bowling season will receive an award. Athletes who choose to participate in the Compete from Home Level will receive awards for completing their activities. If they complete all three, they will receive a challenge medal. Completing two or less will result in a participation ribbon. Athletes/unified partners who register for singles, doubles, or unified doubles will compete for traditional medals (gold, silver, bronze) and ribbons (4th, 5th, 6th, 7th, 8th).

PHOTO/VIDEO SUBMISSIONS:

Teams are encouraged to submit photos and videos of athletes while at bowling practice. Photos and videos may be submitted via Facebook Messenger or with the final scores. The intent is to create an athlete highlight reel for the winter bowling season.

SPORTS TRAINING AND COMPETITION:

Event Selection

- Athletes may compete in up to 2 events. Options include-
 - Singles
 - Singles/Traditional Doubles
 - Singles/Unified Doubles
 - Traditional Doubles/Unified Doubles



Preliminary Registration Scores

- In Person Bowling: When submitting preliminary scores for registration, please provide the two best scores achieved in practice.
- Compete from Home: No score required. Athlete name only.

Final Scores

- In Person Bowling: When submitting final scores, please provide the two best scores achieved over the course of the entire practice season.
- Compete from Home: When submitting final scores, please provide the best score for each event.

For any questions on equipment modifications that may or may not be allowed, contact the Special Olympics Montana Sports Department.

Individual Singles

- Singles will bowl 2 games.
- Single bowlers will bowl in a straight average system which is used to determine ability for divisioning.
- Bowlers can compete in one of the following events:
 - Singles
 - If an athlete receives assistance of any kind, besides stability assistance, they will be disqualified and receive a participation ribbon.
 - Singles Ramp Unassisted
 - Athlete aims ramp into position unassisted.
 - Athlete may receive assistance lifting ball onto ramp.
 - Athlete pushes ball down ramp toward target.
 - Athlete may reset the ramp unassisted after each roll.
 - Singles Ramp Assisted
 - An assistant may aim the ramp towards the pins but must at all times have his/her back to the pins and aim based on directions (either verbally or by physical cues) from the athlete.
 - Athlete may receive assistance lifting the ball onto the ramp.
 - Athlete must have or make a reasonable effort to have at least one hand on the ball as it is being delivered.
 - After the first roll, assistants may reset the ramp, so that the ramp is pointing down the center of the lane. From there, the assistant will await cues from the athlete on ramp direction and placement.

Traditional Doubles

- Traditional Doubles **WILL NOT** use the Baker System format.
- Athletes will each bowl **2** games, however the scores from their singles games will be used to calculate their traditional doubles score instead of bowling 2 additional games.
- **Scoring:** Each athlete will have his/her own score and the scores will be combined for the team score, meaning athletes' scores will be combined for their traditional doubles score.
- Traditional Doubles competition **will not use the league format**. Traditional Doubles competition will use an "Open Bowling Format", meaning athletes will bowl on the same lane for all games.

- For divisioning in traditional doubles, divisions will be separated based on athlete need. There will be traditional doubles divisions and ramp doubles divisions. If a pair consists of any number of ramp bowlers, that pair will be placed in a ramp doubles division, if quality competition exists. If a team consists of only non-ramp bowlers, it will be placed in a non-ramp traditional doubles division. Divisions may be combined dependent on amount of quality competition.

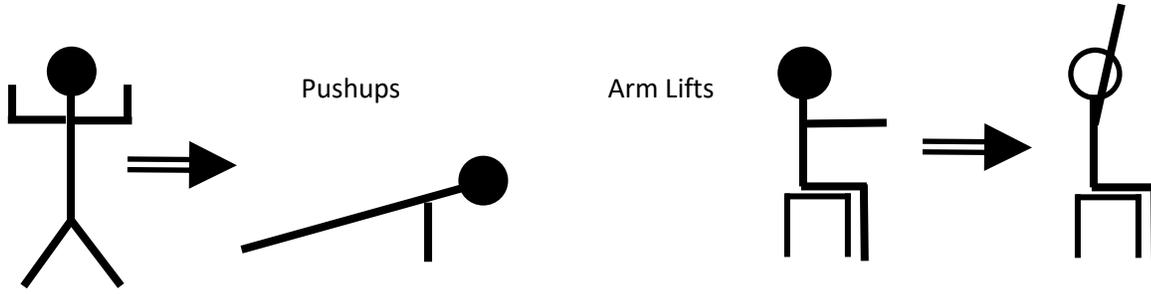
Unified Doubles

- Unified Doubles **WILL NOT** use the Baker System format.
- Athletes will bowl **2** games, however the scores from their singles games will be used to calculate their unified doubles score instead of bowling 2 additional games.
- Unified partners will bowl **2** games individually.
- **Scoring:** Each player will have his/her own score and the scores will be combined for the team score, meaning athlete and unified partner scores will be combined for their unified doubles score.
- Unified Doubles competition **will not use the league format**. Unified Doubles competition will use an “Open Bowling Format”, meaning athletes and unified partners will bowl on the same lane for all games.
- For divisioning in unified doubles, divisions will be separated based on athlete need. There will be unified doubles divisions and unified ramp doubles divisions. If a pair consists of any number of ramp bowlers, that pair will be placed in a unified ramp doubles division, if quality competition exists. If a team consists of only non-ramp bowlers, it will be placed in a non-ramp unified doubles division. Divisions may be combined dependent on amount of quality competition.

Compete from Home

- **Event #1- Pushup or Arm Lifts**
 - Set-up
 - Pushups
 - Find a level spot on the ground, free of obstacles
 - How-to
 - Pushups
 - Lay down on your stomach
 - Keeping your body straight and your toes on the ground, lift your upper body with your arms, moving your elbows from a 90 degree angle to where your arms are straight
 - Lower your upper body back down until your elbows are at a 90 degree angle again
 - Repeat, completing as many pushups as you can in 15 seconds
 - Arm Lifts
 - Sit down on a seat
 - Hold your arms straight out in front of you
 - Lift your arms 90 degrees, so that they are directly above your head. If you cannot reach 90 degrees, lift your arms as far as they can go
 - Lower your arms to directly in front of you
 - Repeat, completing as many arm lifts as you can in 15 seconds
 - Scoring
 - Award 1 point for every pushup or arm lift completed in 15 seconds

How many pushups or arm lifts were you able to complete in 15 seconds?	
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• **Event #2- Target Toss**

- Set-up
 - Find level ground
 - Find a space on the ground for you to roll from
 - Take 3 small items to use as targets, such as a cone or ball cap
 - From your rolling spot, place one item 5 feet away, one item 10 feet away, and one item 15 feet away
- How-to
 - Stand in your rolling spot
 - Taking a round ball (such as a basketball, tennis ball, etc. If you do not have a ball, you can roll up a sock), roll your ball at the target 5 feet away 5 times
 - Roll your ball at the target 10 feet away 5 times
 - Roll your ball at the target 15 feet away 5 times
- Scoring
 - Award 1 point for every time the rolled ball hits the target 5 feet away
 - Award 2 points for every time the rolled ball hits the target 10 feet away
 - Award 3 points for every time the rolled ball hits the target 15 feet away

	Attempt #1	Attempt #2	Attempt #3	Attempt #4	Attempt #5	Scores
5 foot target	___/1	___/1	___/1	___/1	___/1	___/5
10 foot target	___/2	___/2	___/2	___/2	___/2	___/10
15 foot target	___/3	___/3	___/3	___/3	___/3	___/15
					Total Score	___/30



• **Event #3- Zone Toss**

- Set-up
 - Find level ground
 - Find a space on the ground for you to roll from
 - Using an item to mark a box (such as cones, painters tape, or string), mark a 2 foot by 2 foot box 5 feet away from your rolling spot, 10 feet away from your rolling spot, and 15 feet away from your rolling spot
- How-to
 - Stand in your rolling spot
 - Taking a round ball (such as a basketball, tennis ball, etc. If you do not have a ball, you can roll up a sock), roll your ball at the target zone 5 feet away 5 times
 - Roll your ball at the target zone 10 feet away 5 times
 - Roll your ball at the target zone 15 feet away 5 times

- Scoring
 - Target zone 5 feet away
 - 0 points for missing the zone entirely
 - 1 point for hitting the zone, but the ball stopping rolling outside the zone
 - 2 points for the ball stopping rolling in the zone
 - Target zone 10 feet away
 - 0 points for missing the zone entirely
 - 1 point for hitting the zone, but the ball stops rolling outside the zone
 - 3 points for the ball stopping rolling in the zone
 - Target zone 15 feet away
 - 0 points for missing the zone entirely
 - 1 point for hitting the zone, but the ball stops rolling outside the zone
 - 4 points for the ball stopping rolling in the zone

	Attempt #1	Attempt #2	Attempt #3	Attempt #4	Attempt #5	Scores
5 foot zone	___/2	___/2	___/2	___/2	___/2	___/10
10 foot zone	___/3	___/3	___/3	___/3	___/3	___/15
15 foot zone	___/4	___/4	___/4	___/4	___/4	___/20
					Total Score	___/45

