

California's Bowling Centers

COVID-19 Background and Readiness Report

*Prepared by Bowling Centers of
Southern California & Northern
California Bowling Centers
Association*

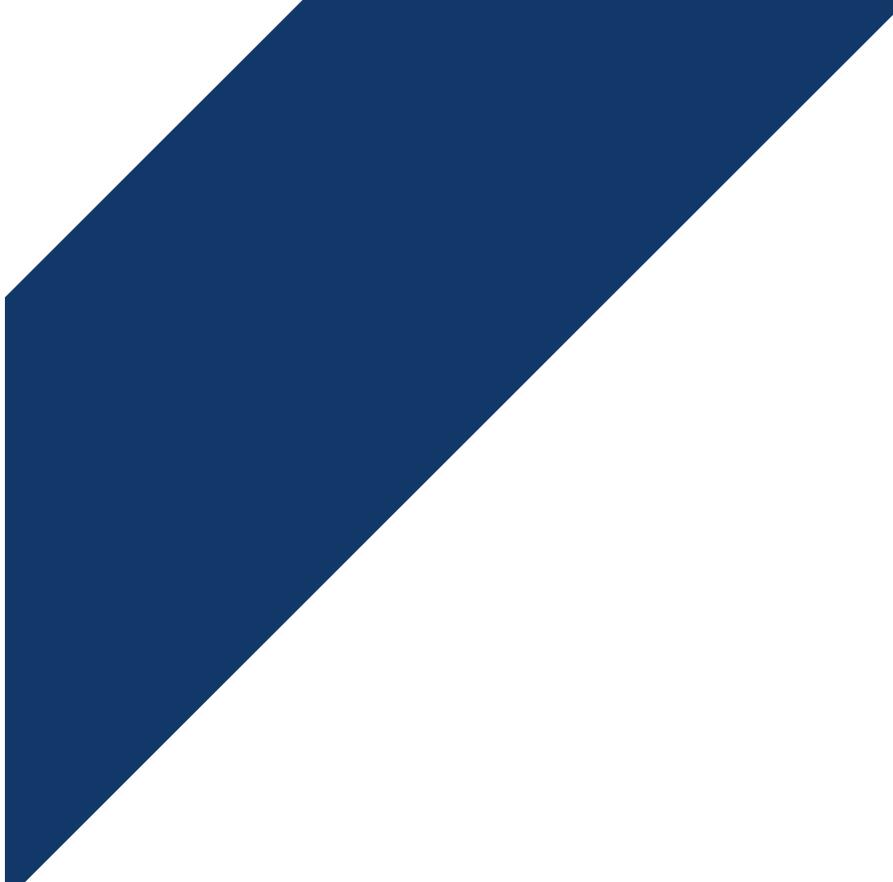


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Overview of Bowling Center Operations

The emergence of the novel coronavirus (COVID-19) as a public health crisis has impacted every Californian's daily life. Containing the spread of COVID-19 is everyone's responsibility and objective. As this public health crisis has unfolded, many of California's 250 bowling centers have been closed. The 9,000 employees have been sent home and their average 35,000 square foot facilities remain empty.

Bowling centers, in many areas, are integral parts of the fabric of their local communities. These centers serve not only to provide recreation and entertainment but also fitness and exercise to Californians of all ages. These centers are also generous contributors to local charities and schools and a place for people with special needs. Unfortunately, several centers have permanently closed during this pandemic and many other centers are on the verge of permanently closing.

Bowling centers are large spaces where social distancing is easily achievable by implementing many actions such as spreading out between bowling lanes, installing protective screens, checking out bowling balls and shoes rather than free choice, and implementing diligent sanitization. For those centers that were able to open for a short period in early summer, bowling centers were able to successfully implement the safety protocols issued by the California Department of Public Health. Later in this report we provide a link to Northern California Bowling Centers Association's video presentation of protocols and readiness for reopening. Additionally, the Bowling Proprietors' Association of America's database has a plethora of information for each bowling center and is available online. (<https://bowlinguniversity.net/opening>)

Experiences during the limited reopening period demonstrated that many bowling centers successfully implemented these safety protocols. Particularly given the facilities' size and square footage, social distancing policies for both our employees and customers can be effectively realized. Centers' site plans and handbooks instruct employees to directly serve customers at the assigned seating area or lane side, thus limiting the need for customers to mingle or interact with other customers or employees. For example, many centers implemented ways to spread out customers

participating in league play. By assigning each team to a designated area to sit and bowl each center can reduce interactions and mingling amongst customers. While the state's guidelines limit league play to individuals in the same household, bowling centers experience is that leagues are not any riskier than the experience of customers who reserve a lane and bowl. Bowling is also an activity where masks do not impede the enjoyment and exercise by customers. Included in this report is a link to a video of people bowling while wearing face masks throughout the 30+ minute video. When considering that the average bowling center is twice the size of a Trader Joe store, for example, the ability to keep customers socially distanced and prevent mingling is easily achievable.

Currently, bowling centers, categorized as family entertainment centers under the newly enacted Blueprint for a Safer Economy, are not allowed to re-open until their county falls under the moderate and minimal tiers. In contrast, bowling centers are open and operating in every other state other than California and New Mexico. These bowling centers are operating in various forms and capacities from as low as 25% (i.e. New Jersey) to no capacity restriction at all (i.e. South Dakota). The most common capacity restriction enacted in the U.S. is 50% of the building capacity.

As outlined further in this report, bowling provides many positive health impacts. Bowling allows people of all ages, economic status and disabilities to participate. In fact, bowling is frequented by members of various groups, including the Wheelchair Bowling Association (<https://awba.org>) and Blind Bowling Association (www.abba1951.com). In fact, while not being an Olympic sport, bowling is one of the most popular Special Olympics sports. In fact, recently North Carolina modified their reopening executive order and have reclassified bowling as a Fitness and Physical Activity Facility. (https://files.nc.gov/governor/documents/files/EO163-Phase-2.5-Tech-Corrections_o.pdf) We believe North Carolina's reclassification acknowledges the positive health impacts that are crucial during this pandemic for many people who would not go to a gym or fitness center.

The Bowling Centers of Southern California and the Northern California Bowling Centers Association believe that given the size of their facilities and positive impacts on physical and mental health, these centers can be opened in a safe and healthy manner. Additionally, we are unaware of any reports throughout the U.S. that have linked bowling centers to any exposure or spread of the COVID-19 virus. We welcome the opportunity to discuss our members safe operating protocols and information within this report.



What's the Risk? A Look at 14 Popular Activities During COVID-19

Posted on June 29, 2020

By Melissa Held, MD, and Nancy Trout, MD, MPH

New cases of COVID-19 in Connecticut are continuing to decline, but with the reopening of public spaces, restaurants and entertainment venues, health experts are worried about an increased spread of the virus over the coming weeks and months.

Melissa Held, MD, a pediatric infectious diseases expert, and Nancy Trout, MD, MPH, a primary care pediatrician, weigh in with their advice for popular summer activities.

When considering an activity, weigh the risks.

There's still a lot we must learn about COVID-19, but we do know this: The virus is spread by respiratory droplets, and the highest risk of infection is in larger gatherings of people who are in close contact with one another. So it's important to think about the types of interactions your family will be having with others, as well as how challenging it may be to follow safety guidelines like social distancing – and ensure that others do too.

With this in mind, different activities carry different levels of risk for infection.

Lower Risk

- **Outdoor exercise like hiking, biking or running:** Outdoor exercise is one of the lowest risk activities your family can do. Transmission of the virus is lower outdoors, as is prolonged exposure to someone shedding the

virus. However, if you or your child will be exercising with someone who's not from your immediate household, be sure to adhere to social distancing recommendations. That means you should stay at least six feet apart and wear a mask when it's difficult to maintain social distance.

- **Watching a movie:** With certain measures in place, movie theaters can be a relatively low risk venue. Make sure that the theater is strictly limiting capacity, has sufficient spacing between non-family moviegoers, and cleans and disinfects chair and rail surfaces in between showings. Ideally, your family should wear masks during the movie, and keep in mind that any time a mask is removed (to eat popcorn or candy, for example), there is increased risk of COVID-19 infection from respiratory droplet spread. Struggling to get your child to wear a face mask? Use these strategies.
- **Bowling:** Bowling may be another lower risk activity, with the right precautions. Each bowler should exclusively use one bowling ball that's cleaned and disinfected before and after each use. Employees should implement lane spacing to maintain distance between non-family players. Your family should wear masks the whole time, wash or sanitize your hands regularly, and remember not to touch your face.
- **Outdoor dining:** The risk of exposure while eating at an outdoor restaurant is lower than eating inside a restaurant, because the risk in general is reduced in outdoor settings. Make sure your family wears masks before and after your meal and avoids congregating in crowded spaces, for example, while waiting for a table. Ensure that the restaurant has set its tables far enough apart and waitstaff are also wearing masks.
- **Doctor appointment:** Doctor's offices are taking precautions to make your visits as low-risk as possible. For example, Connecticut Children's offers Video Visits for more than 30 specialties, and offers contactless check-in and a Virtual Waiting Room to reduce contact at in-person visits. We clean and sanitize all rooms thoroughly between patients, screen employees as well as patients for fever or symptoms, and make sure all employees have appropriate protective equipment. Call your child's doctor to ask about their specific safety arrangements. Learn more about how Connecticut Children's is keeping kids safe and sound.
- **Dentist appointment:** Dentist's offices are making similar safety and protection arrangements as doctor's offices, like sanitizing rooms between patients and arranging for contactless registration. Because they work directly in your mouth, dentists also wear full personal protective equipment including face shields or goggles, masks and gowns. So, while the risks may be slightly higher than a doctor's appointment, these

appointments are still relatively low risk. Call your child's dentist to learn about their specific safety arrangements.

- **Getting a haircut:** With proper precautions, hair salons and barbershops can be low risk. Wear a mask, ensure the staff are wearing masks, try not to touch surfaces, and make sure you and your child wash your hands or use hand sanitizer as soon as you leave.

Moderate to High Risk

- **Playdates:** Despite the reopening of parks, restaurants and businesses, it's still important to limit your family's exposure to other individuals as much as possible. Close contact with others, especially without face coverings, is very risky. Any time children are in close contact with one another, there's a risk of spread. Parents should be thoughtful when discussing the pros and cons of having a playdate, especially with young children who are difficult to distance from one another and often touch their eyes, nose and mouth. If you do plan a playdate, go outdoors or to a bigger space with lots of ventilation, and supervise kids closely to keep them at least six feet apart. [If you're considering sending your child back to day care, here's what to know.](#)
- **Birthday parties:** If you're going to attempt a traditional birthday celebration, limit it to less than 10 children, plan activities that don't involve direct physical contact, and make sure kids are old enough to understand and follow social distancing guidelines. Have the kids wear masks, and enforce lots of handwashing with soap and water for at least 20 seconds (or use hand sanitizer; just be sure to supervise children, since it can be toxic if swallowed). Anyone who's feeling sick or had contact with someone known to have COVID-19 should stay home and seek medical advice. Want a birthday without the risk? Here are [14 Ways to Celebrate Your Child's Birthday During COVID-19.](#)
- **Outdoor playgrounds:** The risk of using outdoor playgrounds varies. The risk is higher in communities where there's ongoing spread of COVID-19, and at playgrounds that draw a crowd, which makes social distancing very challenging. You should also keep in mind that playground surfaces are unlikely to be regularly cleaned and disinfected, and young children are especially prone to touching surfaces and then their eyes, nose and mouth. If you're going to visit a playground with your child, use one near your home so you don't have to travel, and if possible, that isn't being used by a lot of other families. Wipe down any surfaces before and after use, and continue to emphasize social distancing, regular handwashing and face masks for everyone over the age of 2.

- **Amusement parks:** Current CDC guidelines for amusement parks are relatively vague. Overall, amusement parks are likely higher risk areas for the spread of infection, because they tend to get crowded, many rides have relatively closed spaces, and screaming and yelling expels respiratory droplets into the air. And although the risk of infection from surfaces is considered less than that of respiratory spread, it's still a possibility – so unless ride surfaces are disinfected in between riders, there's a potential for the virus to spread that way, too.
- **Attending an outdoor public protest:** This is a moderate to high risk activity, with the risk increasing if some attendees don't wear masks and the protest is very crowded. Infected people who are close by and yelling will transmit virus, especially if they are not wearing a mask. If your family plans to attend, you can reduce your risk by wearing masks and maintaining space between protesters. [Here are tips for talking to your child about racial equality and social justice.](#)
- **Attending an indoor public protest:** Attending a crowded indoor public protest is high risk due to more closed spaces and ventilation concerns, especially if the protest is crowded and attendees are not wearing masks.
- **Indoor dining at a restaurant:** Several factors combine to make this a potentially high-risk activity, like ventilation issues and lack of social distance. The larger the crowd and the smaller the space, the higher the risk for infection. Opt for outdoor dining when possible. If you do decide to dine indoors, make sure your family wears their masks before and after your meal, and avoids congregating in crowded spaces while waiting for a table. Choose a restaurant with adequate spacing between tables, and be sure the waitstaff is also wearing masks.

For every activity, follow these safety guidelines.

No matter the activity, it's essential for everyone in your family to keep at least six feet between themselves and others; wear a mask or face covering in public, especially when it's difficult to maintain social distance; and keep up the frequent handwashing or sanitizing.

<https://www.connecticutchildrens.org/coronavirus/whats-the-risk-a-look-at-popular-activities-during-covid-19/>

The Health Benefits of Socializing

Four reasons to connect with friends.

Posted Jun 30, 2016

By Angela K. Troyer Ph.D., C.Psych.

Socializing can provide a number of benefits to your physical and mental health. Did you know that connecting with friends may also boost your brain health and lower your risk of [dementia](#)? If you need reasons to help justify spending extra time lingering over coffee with a friend, or setting aside time in your busy schedule to connect with family, read on.

Research shows these main benefits of having an active [social life](#):

1. You may live longer. People with more social support tend to live longer than those who are more isolated, and this is true even after accounting for your overall level of health.
2. You will enjoy better physical health. Social engagement is associated with a stronger immune system, especially for older adults. This means that you are better able to fight off colds, the flu, and even some types of cancer.
3. You will enjoy better mental health. Interacting with others boosts feelings of well-being and decreases feelings of [depression](#). Research has shown that one sure way of improving your mood is to work on building social connections.
4. You may even lower your risk of dementia. More recently, there has been accumulating [evidence](#) that socializing is good for your brain health. People who connect with others generally perform better on tests of [memory](#) and other cognitive skills. And, in the long run, people with active social lives are less likely to develop dementia than those who are more socially isolated.

Convinced of the benefits of socializing? If so, you may be looking for ways to boost your social engagement. Here are some ideas to get you started.

- Use Skype or Facetime to catch up with family and friends from a distance.
- Walk through your neighborhood and make a point of stopping to say hello to people you meet.
- Babysit your grandkids or help them with homework.
- Sign up for a class at your local recreation center, library, or university.
- Attend religious services at your church, synagogue, or temple.
- Sing in a choir or play music in a group.
- Volunteer at your favorite charity organization.
- Visit a museum with a friend and chat about what you see.
- Participate in a neighborhood or community group.
- Play a group sport like lawn bowling, golf, or croquet.
- Have a friend or family member over for coffee or tea.
- Play cards or board games with others.
- Exercise with a friend by walking, swimming, or going to the gym together.

You may notice that many of these activities also provide cognitive engagement or physical exercise – or even both. In previous postings, we shared research about the additional benefits to brain health that come along with [cognitive](#) and [physical](#) activities. So, it's a great idea to choose social activities that also physically and cognitively engaging.

If you have [MCI](#), you may find that changes in your memory make it more difficult to learn new activities, names, and routines. These can also make it more difficult for you to comfortably interact with others. If so, it may help to connect with people through activities that are familiar to you. It may also be easier to focus on the here and now, by chatting about the things that you are doing together, rather than the past.

Regardless of how you go about connecting with others, remember that it should be in a way that is enjoyable to you, so that you will be sure to do it often.

<https://www.psychologytoday.com/us/blog/living-mild-cognitive-impairment/201606/the-health-benefits-socializing>



Friday, Jul 03, 2020

COVID-19 risk factors of 36 activities ranked by team that includes OUWB associate professor

An Oakland University William Beaumont School of Medicine associate professor was part of a group of physicians who recently assessed the COVID-19 risk factors of various activities.

Matt Sims, M.D., director of Infectious Disease Research, [Beaumont Health](#), and OUWB associate professor of Internal Medicine, was one of four tapped by [MLIVE.com](#) to assess the risk factors associated with various activities.

(The others were from McLaren Health Care, Spectrum Health, and Henry Ford Macomb.)

The team looked at five factors: inside/outside; proximity one person would be with relation to another; duration of exposure to others; likelihood of compliance with guidelines; and personal risk level.

"Until we have a vaccine, we are going to have to move forward with risk reduction strategies," Sims told MLIVE. "Because you can't keep the economy on hold forever, you can't keep peoples' lives on hold forever."

The list below assigns a score for activities ranging from 1 to 10 with 10 being the riskiest.

COVID-19 Risk Levels

LOW RISK

- 1 » Restaurants (take-out) | Tennis
- 2 » Walk, bike, or run with others | Get car gasoline
- 3 » Grocery stores | Camping | Hotels
Golfing | Libraries | Museums
- 4 » Dentist office | Doctor waiting room
Offices | Walking in busy downtown
Restaurants (outdoor)
- 5 » Home dinner parties | Backyard BBQs
Airplanes | Malls | Beaches | Bowling
- 6 » Casinos | Restaurants (indoor)
Playgrounds | Hair salons | Movie
theaters | Pontoon boat ride
- 7 » Basketball | Public pools | Schools
- 8 » Gyms | Amusement parks | Churches
Buffets
- 9 » Bars | Big concerts | Sports stadium

HIGH RISK



Dr. Matthew Sims, Dr. Dennis Cunningham, Dr. Mimi Elmig, Dr. Nasir Husain. Based on risk factors including inside/outside, nearness to others, exposure time, compliance likelihood, and personal risk.



The Fitness Benefits of Bowling

Posted Jun 2, 2016 By Bowling.com

When you are looking for a good workout, bowling may not be at the top of your list. While it may not measure up completely to full physical exertion in a gym, it burns more calories than you may think! Bowling is a great way to get some exercise, as it can burn more than 200 calories an hour, which can vary based on how heavy your ball is, and how many times you bowl. Bowling also uses and builds 134 muscles, improving your balance, and increasing your hand-to-eye coordination.

Weight Loss

While bowling is reserved to a small area, you are constantly moving around, whether that's walking back and forth to your lane or lifting and swinging your bowling ball. Again, while you may not necessarily be sweating or breathing heavy, you will still be burning calories. Any time you burn calories you will also be kicking your metabolism into high gear. Just another weight loss benefit of bowling.

Muscle Growth

Bowling will also help you exercise your muscles. You will already be doing a lot of walking, but with the added weight of your bowling ball. This will help give the muscles in your lower extremities a workout. You will also feel the benefits in your bowling arm. Swinging a 10-15 pound ball 10-20 times a game will definitely give your arm a workout.

Stretching

Bowling is a great way to stretch your tendons, joints and ligaments. Every time you swing your arm to throw a bowling ball, all these parts of your body are engaged. It can actually engage muscles and tendons that do not get used on the daily. Bowling is a fun way to stretch your body while enjoying a great sport. With better stretching abilities, comes less of a chance to hurt yourself!

Hand-eye Coordination

Throwing a ball down a lane with the goal of hitting ten pins requires a healthy amount of hand-eye coordination. Increasing your hand-eye coordination stimulates mental alertness, increases concentration and can even help develop your bowling strategy. Not to mention if you play other sports, the hand-eye coordination experience you gained bowling will transfer over as well.

Balance

Every time you throw a bowling ball you are bettering your balance. As long as you keep proper form, your body will have to adjust to counter the weight of the bowling ball. Along with your foot work as your throw, balance is an integral part of your bowling technique. This is another transferable skill that can help you excel in other sports as well.

Bowling and Fitness

Bowling is a great way to socialize AND get a workout. While on the surface you may not see bowling as a workout, but in the end you will be working on muscles and tendons that wouldn't get a proper workout without bowling. So get out there, have fun, and burn some calories!

<https://www.bowling.com/bowling-blog/bowling-tips/the-fitness-benefits-of-bowling/>

Testimonials

David Orenberg, MD
534 Trebbiano Place
Pleasanton, Ca 94566

September 9, 2020

To Whom it may concern:

I am writing this letter in support of opening bowling centers in California as soon as possible. I am a retired emergency physician and an avid bowler. As a teenager I bowled until college, then returned to the sport three years ago when I retired after 39 years at Washington Hospital in Fremont, Ca as a practicing emergency physician and the last twenty years as the Director of the second busiest department in Alameda County. I know how important bowling is to most bowlers. Actually bowling is the most participated sport in the country. People of all ages can bowl and you often see people in their 90's still throwing the ball down the lane. The exercise it provides is very important to us all and this respite of over six months now is becoming intolerable and frustrating.

I regularly bowl at Granada Bowl in Livermore at least 3 or 4 days a week, including two night leagues. I have also worked part time in the pro shop. I am looking forward to returning to these activities as soon as possible. I have toured the changes management has made to the bowling center and feel from a medical standpoint, it is certainly as safe as indoor dining. Partitions between the lanes have been constructed and wearing masks ensure safety to all. I am 72 years old and recognize the danger of this virus to my own security, yet I would have no reservations returning to the lanes under these unusual circumstances. The equipment will be cleaned with a chlorine disinfectant, although the science has shown no transmission this way. Returning at 25% capacity seems to be a no brainer. Bowling centers have been open in parts of the country throughout this pandemic safely without known transmission.

I am afraid the centers are under tremendous financial strain and will close soon as other businesses have and we will have very few options to bowl. I feel the changes that have been made at Granada bowl are adequate to

ensure bowlers at all ages can safely return to the activity they love and depend on to keep them in physical shape. I am asking you carefully reconsider your options to let the centers open now. Feel free to contact me at my number below.

Thank you.

David Orenberg, MD
Former ED Director, Washington Hospital
Fremont, Ca.
510-908-1113

September 10, 2020

Governor Gavin Newsom,

As a Licensed Marriage and Family Therapist (LMFT) who has worked with children and families for the past 18 years, I have worked with all socio-economic groups, races, genders, and incarcerated minors within the San Bernardino County Juvenile Justice System. As a clinical mental health supervisor in Riverside County, I see how children and adults have been disproportionately impacted with mental health issues and overwhelmed mental health professionals during the Coronavirus disease (COVID-19) pandemic.

Multiple authorities in the mental health field have documented that the Coronavirus disease (COVID-19) pandemic has been stressful for people. The fear and anxiety about the disease have been overwhelming and caused strong emotions in adults and children. People of all ages worry about their health and the health of loved ones, their financial situation or impact on their employment, and the loss of support services are all common problems. The nation has seen an increase in depression in all age groups. Children who traditionally attended public schools are now isolated and experience school via virtual applications like Zoom and Google Classroom, etc. and no longer have the social interaction with their peers, which has led many to depression. The mental health field sees children with preexisting mental health diagnoses such as Attention-Deficit Hyperactivity Disorder (ADHD) experiencing major depression and anxiety. That depression and anxiety result from the homeschooling, isolation, not understanding the topics, teachers not being able to connect with the different modalities of learners, and a camera focused on the student for hours with teachers calling the student out for their inability to sit for long periods.

The mental health field understands the importance of physical activity and exercise and regularly suggest it to their clients to alleviate depression and anxiety symptoms. Physical activity and exercise bring both short and long-term benefits for mood, sleep, and physical

health. Consistency and sustained motivation may be enhanced by peer support and family support through athletic programs.

Bowling has been traced to articles found in the tomb of an Egyptian child buried in 5200 B.C. and to this day remains a popular sport that provides multiple benefits to both children and adults. It serves as a means for people to socialize at a distance, be competitive, give identity, and allow one to feel part of something and all the benefits mental health professionals strive for their clients to obtain via physical activity and exercise.

The U.S. Department of Justice Office of Juvenile Delinquency and Prevention (OJJDP) has identified participation in sports and/or recreational programs as factor to decrease and protect against juvenile delinquency.

Thank you for your consideration in re-opening bowling centers and other public sports centers to address our community's needs.

Respectfully,

Lorena P. Frey

Lorena P. Frey, LMFT, MFC#51938



September 11, 2020

To Whom It May Concern:

This request is on behalf of Jewel City Bowl and Matador Bowl and the entire bowling community. The center is an integral part of our community and needs your help to survive.

Like many businesses in California, bowling centers have been hit hard by the pandemic. Sadly, many centers are on the verge of closing permanently, several centers have already started to close and we are afraid we might soon also be doing so as well.

While bowling may seem like just another sport to some, bowling centers are very important to Special Olympics athletes. Bowling is our most popular sport. Special Olympics athletes ages 8-80 can enjoy training and competition in bowling. Bowling is one of the few sports that provides opportunities to our athletes who use wheelchairs to train and compete with peers.

Sincerely,

Wendy Ellet

Wendy Ellet
Manager of Sports & Programs

Special Olympics Southern California - Central Division

24779 Valley Street, Santa Clarita, CA 91321 Tel 661.253.2121

1334 South Central Avenue, Los Angeles CA 90021 Tel 562.502.1091

www.sosc.org



Los Angeles Residential Community Foundation

Serving Developmentally Disabled Adults

29890 North Bouquet Canyon Road • Saugus, CA 91390 • Tel: 661.296.8636 • Fax: 661.296.8653

E-mail: info@larcfoundation.org • website: www.larcfoundation.org

September 10, 2020

To Whom It May Concern:

The Los Angeles Residential Community Foundation, LARC Ranch, is a 501 c 3 non-profit agency in Santa Clarita, CA. LARC provides residential and day program services for developmentally disabled adults in the Santa Clarita Valley. For the past 17 years, 32 residents from LARC Ranch have been bowling in a weekly league at Santa Clarita Lanes. Along with these regular league bowlers, many of our 92 residents frequent the bowling alley for recreation, socialization, exercise and to hone their bowling skills.

Being able to access the bowling alley is such a valuable resource to our community. LARC residents improve their motor skills, learn how to work together as a team, be courteous and kind as well as improve their physical strength and coordination through bowling activities. They also partake in the annual SC Lanes Pro-Am tournament which provides invaluable socialization with other bowlers and professionals in the sport.

Please take this into consideration and reopen SC Lanes. Our residents miss the many positive enhancements bowling brings to their lives.

Best,

Chris Bratzel

Executive Officer

To Whom it Might Concern,

I wanted to write this letter stating the importance to the disabled population and their participation in the GOALS Bowling league at Alley's Bowling Center. Most of the bowlers that participate in our league are out of the school system and they have all been at home, or in care home distanced from all their friends. They have not been able to do any socializing since Mid-March, it has been very hard for this population along with their families and care homes.

They have not been able to go home for family visits, go to their day programs, or do any socializing due to state mandates.

I have received many calls and emails from families and bowlers asking when they are going to be able to start bowling again, I tell all of them that it is being determined by the state, as soon as we get the go-ahead, we will start bowling again as long as safety precautions are in place to protect everyone involved.

Please let me know if there is anything I can do to assist.

Sincerely,

Tom Rhoades
916-595-2165

About GOALS

Goals (<https://www.facebook.com/pages/Goals/120033354722095>)

GOALS is celebrating it's 17th year serving individuals with intellectual and developmental disabilities – (IDD). GOALS was established in March 2003. GOALS provides opportunities for individuals with intellectual and developmental disabilities-(IDD) to participate in community activities that they would naturally enjoy if they were not disabled. At this time we offer bowling and an annual family picnic.

As word of mouth spreads about GOALS, the number of participants continues to grow, the GOALS bowling program currently has over 110 bowlers. Our activities promote self-confidence and a sense of pride in our participants. We also see many new friendships form among our

participants and their families. As our program expands, our goal is to offer individuals with intellectual and developmental disabilities – (IDD) the same socially interactive opportunities as their non-disabled peers.

GOALS is an all-volunteer 501(c)(3) Non-Profit Organization established to assist individuals with intellectual and developmental disabilities-(IDD).
United Way ID#: 1723428, Federal Tax ID#: 81-0628294

Customer Testimonials & COVID-19 Experiences at Valley Bowl in Madera

Steve Johnson

My experience with my family was that we felt the safest at Valley Bowl as compared to other places remaining open. Social Distancing was fully enforced and then some. Sterilizing was done several times while I was present and our area was being sterilized as we left! Don't let me forget the plexiglass barriers to protect staff and customers. Valley Bowl did an amazing job with compliance! Please allow the bowling community the chance to prove we can do this. We are a strong community and support each other!

Danielle Johnson

When Valley Bowl opened back up, it literally was the place I felt the SAFEST. That includes in grocery stores, retail stores, etc. They went above and beyond to ensure surfaces were clean and sanitized frequently, they had shields up at EVERY contact point with their staff. They were performing temperature checks when you entered the building AND they were spacing people out every other lane, which is MORE than the required 6 ft apart. People were required to wear masks at all times while in inside. Mr. Newsome, please allow yourself to be educated on how a bowling center really operates. A bowling center is WAY safer than a casino or a card room. I cannot for the life of me understand how people are permitted to go into retail stores and touch multiple surfaces or how people are allowed to gamble and touch multiple machines but this small business is not able to open. By the way, I have NEVER seen one time, an employee in a Target go behind customers to clean and sanitize. That was happening EVERY SINGLE TIME at Valley Bowl. Please allow this business to open up again.

Gary Morris

Valley Bowl in Madera has worked hard to ensure safety for their bowlers and for their employees.

They take everyones temperature when they enter. They have up safety barriers up between them and the public. House balls must be requested at

the desk and they're sanitized upon return as are the shoes. They only use every other lane to ensure social distancing for everyone.

Bowling is important for both physical and mental health. My mother is experiencing depression since the closing and at 81 yrs old, it's almost the only physical activity she has.

Please reopen the bowling centers for the people and the business well being.

Derek Gregory

Every person that enters has their temperature checked. Social distancing is simple in a bowling center because of lane assignments. Disinfectant is used before and after in the assigned bowlers areas.

A bowling center is much safer than your big box stores, grocery store, pharmacy and is a vital essential for our youth and elderly in our community.

Bob Andrews

Bowling Centers are more prepared to keep customers safe, than any other business. They have all the disinfectant's hand sanitizer's and face masks to be safe. There is 11 feet between a pair of lanes so if they have to be socially distanced it is easier to do then any Costco, WallMart or local grocery store.

George Lewis

Even prior to the pandemic closure, the owners of Valley Bowl always were unmatched in terms of cleanliness and safety concerns by any bowling center I have frequented or visited in my 55+ years of involvement in the sport. Despite my ultra-cautious approach to the COVID crisis, when I learned that Valley Bowl was going to reopen earlier this year, I had no discomfort at the thought of visiting there because I knew that the Hobans would do whatever they needed to do to keep their customers safe. I believe the comments above support my belief more than adequately. To keep a business such as Valley Bowl, or many other statewide bowling centers, closed any longer is unnecessary and creates pointless suffering in local communities.

Betty Tomaino

We need to bowl !!! Our mental, physical , and emotional well being DEPEND on it. As a senior it is the one place that we feel safe. Our proprietor always goes above and beyond doing things to make the center a safe environment for the all of us. Please open our lanes.

**Sample
Bowling Center
Handbooks
and
Signage**



Post COVID-19 Re Opening Manual
AUGUST 2020

Introduction

Welcome back to work!

Our number one goal is to ensure a safe environment for our employees and guests as we try to navigate the complexities of our new normal.

We'll be following all government guidelines (re: capacity / social distancing / employee health, etc.) to help keep everyone safe. As this situation is ever changing, please note that details in this guide may change at any time, without notice (subject to all applicable law).

Social Distancing will be a key topic as we need to create a safe environment for our guests and staff. The way we did business in the past may not be the way we do business going forward. Operating hours may change, job responsibilities may change, cleaning protocols will change and how we handle transacting with customers may change—all for the goal of ensuring everyone's safety.

The attached document will help outline some changes in the way the bowling centers look as well as some new practices and protocols.

Please read through this document carefully and address any questions or concerns with your supervisor immediately.

Thanks for all your hard work—we can't wait to get back on the lanes.

Please help us ensure a safe environment for our employees & guests

PROMOTE INFECTION PREVENTION

Reduce the risk of transmission by >>



Washing your hands often and correctly.



Thoroughly cleaning and disinfecting personal items.



Covering your mouth and nose when coughing or sneezing.



Staying home while you are sick.



Avoiding close contact with potentially infected individuals.



Contacting a doctor immediately in the event of symptoms.

Employee Procedures & Expectations

1. Re-Training

- a. Employees will be required to complete Covid-19 training courses on BPAA.com
 - i. COVID-19: Social Distancing & Personal Hygiene
It's important to know about COVID-19, social distancing and personal hygiene to not only protect yourself but also to do your part in preventing the spread. Information contained in this course is based on the CDC and World Health Organization.
 - ii. COVID-19: Prevention
Learn the basics about the coronavirus, its background, and how to best deal with the threat it poses to you, your family and community.
 - iii. Bowling Center Safety – 1
 - iv. Introduction to Service Standards
 - v. Telephone Etiquette
 - vi. Incident Response and Reporting
 - vii. Navigating and Reducing Customer Complaints
- b. All employees must fill out COVID-19 Policy Acknowledgement on the final page of this document and return it prior to working
- c. This document will serve as training guide for our new sanitizing, cleaning, and safety procedures
 - i. How and when to wash their hands
 - ii. Rental Shoe disinfecting and storage requirements
 - iii. House Ball disinfecting and storage requirements
 - iv. Bowling area social distancing and sanitation requirements
 - v. Game Room / Video Game social distancing and sanitation requirements
 - vi. Food and beverage preparation and delivery requirements
 - vii. General sanitation and cleaning of all areas of the center
- d. If any employee is uncomfortable returning to work, we completely understand and will urge them to stay home

2. Employee Requirements

- a. Employees must stay home if they are sick
- b. All employees' temperatures will be checked before they clock in
 - i. If an employee's temperature is above CDC's guidelines (100.4°F) they will be sent home to ensure the safety of our staff and customers
 - ii. We will document all of these situations

- iii. Employees will be encouraged to see a doctor
- c. Employees must wash your hands with soap and water for at least 20 seconds before beginning your shift
- d. Employees must wear masks and gloves (mask not required while working on machines)
- e. Employees must follow all social distance guidelines
- f. Cleaning logs must be kept and documented
- g. Sanitize all surfaces that are high touch in your work area before starting your shift
- h. Wash hands after touching any high traffic touch points, use gloves watching for cross-contamination – switch gloves immediately if you make contact with another person
- i. Staff will help to enforce safety rules both with other team members and guests
- j. Staff will receive training on personal hygiene and is responsible for maintaining a high personal hygiene
- k. Minimize personal cell phone use
- l. Be aware of high touch areas in your work area and keep them clean and sanitized
- m. Kitchen and Food Service staff adhere to Health Department Standards
- n. Be aware of cross contamination and glove use

3. How to Give Out a Lane

- a. The front desk employee will get names of guests and shoe sizes, and enter names in the computer.
- b. We are alternating the use of even and odd lanes by day. On even number days the only pair to be given out is 1&2. On odd number days the only pair to be given out is 3&4
- c. Inform the customer to leave their house balls & shoes at the lane when finished. Please do not return house balls to the ball sanitation area or shoes to the front desk
- d. Take the guests to the house balls (it will be roped off/table) to select a bowling ball. Ask the guest what weight and finger hole size they may need. Sit the ball on the table to have them try. If they like it, let them carry it to the lane; if not, set the ball aside for re-sanitization.

4.Lane Intake

- e. Once a lane goes into cleaning mode the lane attendant is to get all balls off of the ball return and take them to the sanitation station to be properly sanitized before being returned to the racks for distribution

- f. Sanitize high touch points including table, scoring console, seats, ball return and reset button.
- g. Rental shoes are to be returned to the proper location
- h. Lane attendant will clean all trash and debris from the table and floor around the lane
- i. Clean any spills that have happened while the lane was in play
- j. Once all of that is done, take the lane out of cleaning mode in order for it to be given back out
- k. The front desk employee must gather shoes from the return cart and sanitize all shoes. Spray and wipe the inside and outside of all rental shoes before returning them to the shelves

Changes Our Guests Will See

1. Website

- a. Our website will have a specific COVID-19 page to update our customers
 - i. This will contain all Frequently Asked Questions along with what we have done while closed and what our plan is when we are able to reopen

2. Social Media

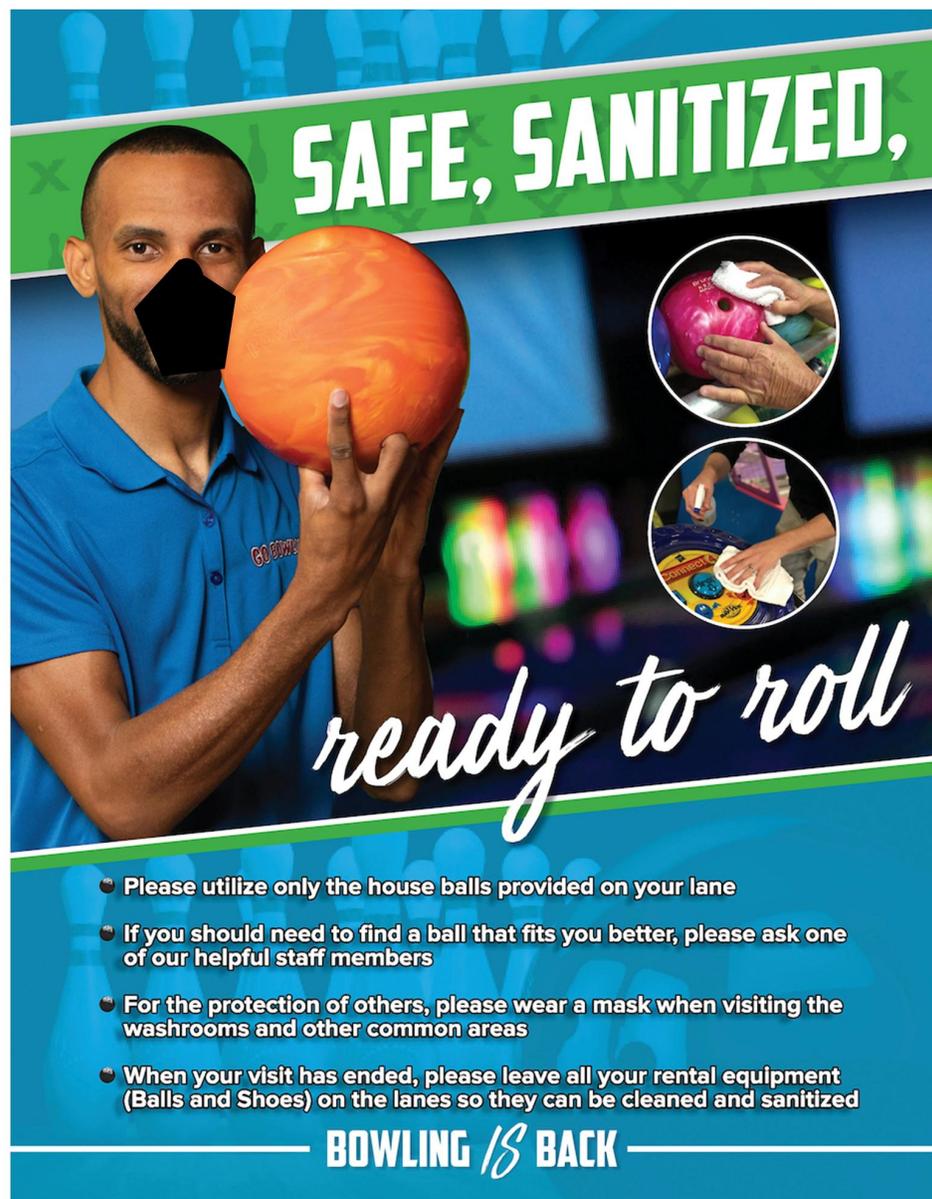
- a. Educate guests via social media channels that bowling IS safe and connecting with family and friends at our facility is a great choice using digital and video assets
- b. We will showcase cleaning / sanitizing / social distancing efforts we are making throughout the centers
- c. We will keep highlighting improvements we are making in the centers

3. Customer Interaction Points

- a. Make sure all parts of the building (inside and out) look pristine
 - i. Front desk area clean and organized
 - ii. Signs: all center signage working
 - iii. Landscaping & Sidewalks: neat & clean of debris
 - iv. Windows: cleaned regularly
 - v. Entryways: special attention needed on all “touchpoints”
 - 1. Door handles / bars to be sanitized regularly
 - 2. All vestibule floors mopped / disinfected regularly
 - vi. Lighting: All interior and exterior lights are in working order
- b. Throughout the centers we will have various forms of signage that explain our goal: **Have Fun but Stay Safe**
 - i. “Working Hard to Keep you safe” posters at entrances and all registers.
 - ii. COVID-19 and social distance messages played

- iii. Social Distancing floor decals to remind our guests to keep a safe distance from each other during their visit
- iv. Audio Messages scheduled periodically on Bowling Music Network
- v. Sanitation Stations signage
- vi. Signs at every sink station to demonstrate proper hand washing procedures

Face Masks MUST Be Worn



SAFE, SANITIZED,

ready to roll

- Please utilize only the house balls provided on your lane
- If you should need to find a ball that fits you better, please ask one of our helpful staff members
- For the protection of others, please wear a mask when visiting the washrooms and other common areas
- When your visit has ended, please leave all your rental equipment (Balls and Shoes) on the lanes so they can be cleaned and sanitized

BOWLING IS BACK

Hand Wash Technique

In line with the WHO guidelines on Hand Hygiene and for antimicrobial soaps in line with EN 1499



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Zürich, Switzerland
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Everywhere It Matters.™

Post Covid-19 Operational Standards

1. Facility Maintenance

- a. Work areas must be cleaned regularly throughout each shift
 - i. Including counters, phones, computers, credit card readers etc.
- b. Plexiglass shields will be placed at register areas as a defensive barrier between employees and customers to combat the spread of the virus
- c. Credit card terminals will be faced out so that customers process their own transactions and cleaned after every use
- d. Physical barriers such as red ropes and stickers will be strategically placed in high traffic points like the Front Desk and Snack bar
 - i. Maintain our physical barriers in place and cleaned regularly to keep a 6' distance between customers
- e. All high touchpoints will be cleaned consistently and with a commercial sanitizing spray
 - i. Entry and Exit Doors and glass

- ii. Front Desk / Guest Service Control Counter
 - iii. Arcade Games and Vending Machines on Concourse
 - iv. Stanchions
 - v. Bowlers' Area
 - vi. Concourse tables, chairs and counters
 - vii. Office areas, keyboards, phones and desks
 - viii. Restrooms
 - ix. Lockers
 - x. Bar Counters and Customer area
 - xi. Grill Counter and customer area
 - xii. Credit card pin pads (after every use)
- f. Please DO NOT move tables and chairs from their location – our high tables and ball return tables have been removed for less touch points as the center reopens.
 - g. For traffic flow, our front doors will be labeled for entrance and exit

2. Customer Space

- a. Sanitation Stations will be available for all customers to use
 - i. Provided at each station will be hand sanitizer
- b. All surfaces will be cleaned constantly throughout operation as well as before opening and after closing. We will be extremely aware of any and all areas that a bowler may touch during their visit with us
 - i. Areas of high contact will be cleaned repeatedly (e.g. tables, chairs, butterflies, ball returns, reset buttons, door handles)

3. House Balls

- a. We will have an efficient system in place to ensure that all bowling balls are properly sanitized in between uses
 - i. Includes sanitizing all finger holes + ball surfaces
- b. House balls will **not** be on the floor, but instead given to guests individually
 - i. This way we can safely disinfect each bowling ball after they have been touched
 - ii. All balls that are touched must be sanitized even if the customer decides on a different ball.
 - iii. The “Micro Striker” spray bottles should be used to sanitize the bowling balls
- c. Instruct the customers to leave the bowling balls they used by their lanes
 - i. Employees will come to collect and sanitize

4. Bowling Shoes

- a. All parts of the rental shoes (inside, outside, and sole) will be disinfected in between uses
 - b. Instruct the customers to leave the rental shoes in the settee area
 - i. Employees will come to collect and sanitize
5. Restrooms
- a. Restrooms to be cleaned and sanitized regularly
 - b. Posters at every sink station to demonstrate proper hand washing procedures
6. Bowling Lane Area / Social Distancing
- a. No more than 5 people will be allowed to bowl on one lane
 - b. We will stagger the use of lanes so that every other lane is in use at one time to maintain proper social distancing between separate groups

| Open Play | | | | | | | | | |
|-----------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| | | | | | | | | | |

- C. For league play we will stagger every other pair of lanes
 - i. Split leagues into different shifts
 - ii. Be flexible with pre/post bowling and subs
 - 1. Leagues will bowl on every other pair of lanes
 - 2. Larger leagues may need to split into two shifts (e.g. 6:30pm & 8:00pm)
 - 3. Based on capacity restrictions leagues may need to reschedule some dates/times
 - 4. All lanes will be freshly oiled before the first shift
 - 5. 1st Shift- Use lanes 1 & 2, Skip lanes 3 & 4, Use lanes 5 & 6 (etc.) - 2nd Shift- Skip lanes 1 & 2, Use lanes 3 & 4, Skip 5 & 6 (etc.)

| 1st Shift | | | | | | | | | |
|-----------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| | | | | | | | | | |
| 2nd Shift | | | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| | | | | | | | | | |

Lane Usage During Open Play

Details may change based on Government Guidelines

1. Groups will bowl on every other lane
2. Larger groups may need to split onto two lanes
3. Based on capacity restrictions open bowlers may be asked to return at a later time

Food & Beverage

1. Make sure that all surfaces are properly sanitized before you beginning your shift.
2. Condiments, straws, napkins and utensils should not be on the tables or counters, instead have an employee wearing gloves hand them out as needed
3. Salt and Sugar should be behind the counter. If given to a customer, they need to be sanitized before using again.
4. 2 oz. portion cups of ketchup, ranch, barbeque sauce should be prepared before every shift
5. Fountain soda cups will not be refilled
6. Tables, chairs and barstools will be spread / removed to insure social distancing
7. Discard all out-of-date food items
8. Change, wash and sanitize utensils frequently
9. Stock Sandwich cooler to no more than minimum levels
10. Clean and sanitize regularly on high-contact areas touched by both employees and guests
11. Follow sanitizing material guidance to ensure it is at effective sanitizing strength, and to protect surfaces
12. Train all employees on the importance of frequent hand washing, use of hand sanitizers with at least 60% alcohol content, and give clear instruction to avoid touching hands to face

13. Always wear gloves when ringing up a customer AND preparing all food (change gloves between ringing up customers and handling food)
14. All food must be delivered in closed to-go containers
15. If you come into contact with a customer (touch) change your gloves before touching anything else
16. Plexiglass will be installed with only enough clearance to deliver food.
17. Remember to wipe down key pad after use.

Critical Monitoring Checklist:

Managers Name: _____

Date: _____ Time: _____

This checklist is to be filled out throughout the entire day. Managers should be walking through the center monitoring employees' and guests' contact areas.

- All employees are wearing clean new masks
- All employees are wearing clean gloves
- Appointed lane attendant is cleaning areas on their scheduled rounds of each critical control area
- Plexi glass is clean and free of any trash
- Kitchen area is clean, and all equipment is sanitized and ready for product
- Kitchen utensils are clean and sanitized
- Prep area is clean and sanitized
- All Restrooms are cleaned and sanitized
- Dry storage is cleaned and sanitized
- Floors and other areas in kitchen are clean



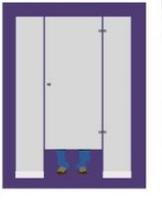
The Culture of Food Safety

HANDWASHING

When it comes to personal hygiene, handwashing is one of the most important steps in preventing the spread of pathogens and cross-contamination. It's also one of the easiest steps! Food handlers must wash their hands before preparing food or working with clean equipment and utensils. They must also wash their hands before putting on single-use gloves.

Make sure to wash your hands after the following activities

Using the restroom



Leaving and returning to the kitchen/prep areas



Clearing tables or busing dirty dishes



Taking out the garbage



Handling chemicals that might affect food safety



Eating, drinking, smoking, or chewing gum or tobacco



Handling raw meat, poultry, or seafood



Touching the body or clothing



Sneezing, coughing or using a tissue



Handling money



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Best Practices

PROMOTE PROPER HAND HYGIENE

HAND HYGIENE >> Hands are a primary mode of transmission so hygiene must be judiciously implemented.



WET
hands with clean running water, turn off the tap and apply soap.



LATHER
the back of hands, between fingers and under nails.



SCRUB
for at least 20 seconds.



RINSE
hands well under clean running water.



DRY
hands using a clean towel or air dryer. If available, use a towel to turn off tap.



IF SOAP AND WATER ARE NOT AVAILABLE,

use an alcohol-based hand sanitizer.

- Use sufficient product to wet entire hand.
- Rub onto all surfaces of the hands for 30 seconds.
- Let air dry. **DO NOT RINSE.**



Acknowledgement Form

I acknowledge that I have read and understand the Earl Anthony's Dublin Bowl COVID-19 Operating Manual dated August 2020 and that I have completed all required online training courses, including two COVID-19 courses from BPAA.com.

I understand the contents of this guide and will act in accordance with these policies and procedures as a condition of my employment with Earl Anthony's Dublin Bowl.

I understand that if I have any questions or concerns at any time about this guide, I will consult my immediate supervisor, my supervisor's manager, or ownership for clarification.

Finally, I understand that the contents of this guide are simply policies and guidelines, not a contract or implied contract with employees. The contents of this guide may change at any time.

Employee Signature: _____

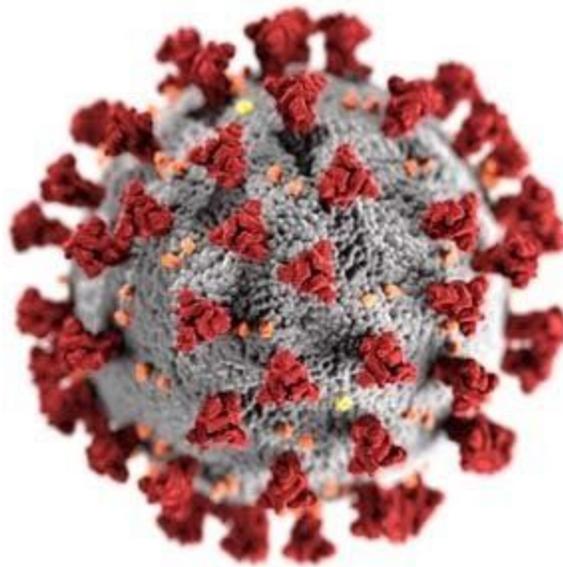
Date: _____

Employee Name (please print): _____

COVID-19 Handbook

Delta Bowl Granada Bowl

Date: 6/26/2020



The purpose of this handbook is to provide employees with information related to the COVID-19 pandemic. The handbook includes information about COVID-19, symptoms, prevention, cloth face covering guidelines, and what to do if you are sick. The final pages of the handbook provide information about training that is used to inform the employees about what is included in this document.

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| 3 | COVID-19 Symptoms and Prevention |
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| 6 | What To Do If You Are Sick |
| 7 | COVID-19 Sick Leave Links |
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What you should know about COVID-19 to protect yourself and others

- **Know about COVID-19**
 - Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
 - The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
 - COVID-19 symptoms can range from mild (or no symptoms) to severe illness.
- **Know how COVID-19 is spread**
 - You can become infected by coming into close contact (about 6 ft) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
 - You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
 - You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.
- **Protect yourself and others from COVID-19**
 - There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
 - Stay home as much as possible and avoid close contact with others.
 - Wear a cloth face covering that covers your nose and mouth in public settings.
 - Clean and disinfect frequently touched surfaces.
 - Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Practice social distancing**
 - Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
 - If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
 - Get deliveries and takeout, and limit in-person contact as much as possible.
- **Prevent the spread of COVID-19 if you are sick**
 - Stay home if you are sick, except to get medical care.
 - Avoid public transportation, ride-sharing, or taxis.
 - Separate yourself from other people and pets in your home.
 - There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
 - If you need medical attention, call ahead.
- **Know your risk for severe illness**
 - Everyone is at risk of getting COVID-19.
 - Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness such as asthma, lung disease, serious heart conditions, immunocompromised, severe obesity, diabetes, chronic kidney disease undergoing dialysis, and liver disease

COVID-19 Symptoms and Prevention

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19 (**BOLD** are main symptoms)

- **Cough**
- **Fever (>100.4 F)**
- **Shortness of breath or difficulty breathing**
- Chills
- Muscle pains
- Sore throat
- New loss of smell or taste

Seek medical care immediately if someone has emergency warning signs of COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

There is currently no vaccine to prevent COVID-19.

The virus is mainly spread person to person:

- Between people who are in close contact with one another (within about 6 ft)
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks
- COVID-19 may be spread by people who are not showing symptoms

Prevention techniques:

- Wash your hands often with soap and water for at least 20 sec or use hand sanitizer that contains at least 60% alcohol
 - Especially after blowing your nose, coughing, or sneezing
 - Soap and water is the best option
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with people who are sick
 - Stay home if you are sick
- Cover your mouth and nose with a cloth face cover
 - COVID may be spread even if you do not feel sick
 - Cloth face covers are meant to protect other people in case you are infected
 - Continue to keep about 6 ft between yourself and others
- Cover coughs and sneezes
 - If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
 - Throw used tissues in the trash
 - Wash hands immediately after coughing or sneezing
- Clean and disinfect frequently touched surfaces multiple times a day with disinfectants
 - Includes tables, doorknobs, countertops, handles, keyboards, toilets, faucets, sinks, bowling balls, ramps, bowling shoes, ball returns, arcade games and seating

California State Cloth Face Covering Rules

Rules Related to Entertainment Industry

We will strictly follow state guidance related to wearing face coverings. As such, each employee will be expected to follow the state mandated rules. We will provide two masks per employee for use. Please follow the rules and do not make this a discipline issue.

Californians must wear face coverings when they are in the situations listed below:

- Inside of, or in line to enter, any indoor public space;
- Waiting for or riding on public transportation or paratransit or while in a taxi, private car service, or ride-sharing vehicle;
- Engaged in work, whether at the workplace or performing work off-site, when:
 - Interacting in-person with any member of the public;
 - Working in any space visited by members of the public, regardless of whether anyone from the public is present at the time;
 - Working in any space where food is prepared or packaged for sale or distribution to others;
 - Working in or walking through common areas, such as hallways, stairways, elevators, and parking facilities;
 - In any room or enclosed area where other people (except for members of the person's own household or residence) are present when unable to physically distance.
- While outdoors in public spaces when maintaining a physical distance of six feet from persons who are not members of the same household or residence is not feasible.

The following individuals are exempt from wearing a face covering:

- Children aged two and under;
- Persons with a medical, mental health, or developmental disability that prevents wearing a face covering;
- Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication;
- Persons for whom wearing a face covering would create a risk to the person related to their work, as determined by local, state, or federal regulators or workplace safety guidelines.
- Persons who are seated at a restaurant or other establishment that offers food or beverage service, while they are eating or drinking, provided that they are able to maintain a distance of at least six feet away from persons who are not members of the same household or residence

More information about the state's COVID-19 guidance is on the [California Department of Public Health's Guidance web page](#).

More information about reopening California and what individuals can do to prevent the spread of COVID-19, visit [Coronavirus \(COVID-19\) in California](#).

Cloth Face Covering Guidelines

- **Wear your face covering correctly**
 - Wash your hands before putting on your face covering
 - Put it over your nose and mouth and secure it under your chin
 - Try to fit it snugly against the sides of your face
 - Make sure you can breathe easily
 - Do not place a mask on a child younger than 2
- **Use the face covering to protect others**
 - Wear a face covering to protect others in case you're infected but don't have symptoms
 - Keep the covering on your face the entire time you're in public
 - Don't put the covering around your neck or up on your forehead
 - Don't touch the face covering, and, if you do, clean your hands
- **Follow everyday health habits**
 - Stay at least 6 feet away from others
 - Avoid contact with people who are sick
 - Wash your hands often, with soap and water, for at least 20 seconds each time
 - Use hand sanitizer if soap and water are not available
- **Take off your cloth face covering carefully, when you're home**
 - Untie the strings behind your head or stretch the ear loops
 - Handle only by the ear loops or ties
 - Fold outside corners together
 - Place covering in the washing machine
 - Wash your hands with soap and water
- **Cloth face coverings should**
 - Fit snugly but comfortably against the side of the face
 - Be secured with ties or ear loops
 - Include multiple layers of fabric
 - Allow for breathing without restriction
 - Be able to be laundered and machine dried without damage or change to shape
- **How does one safely remove a used cloth face covering?**
 - Individuals should be careful not to touch their eyes, nose, and mouth
 - When removing their cloth face covering and wash hands immediately after removing.

What To Do If You Are Sick

Employees must stay home from work if they test positive for COVID-19, are a close contact of someone who tests positive, or are experiencing symptoms. If you are sick with COVID-19 or think you might have COVID-19, follow these steps to help protect other people in your home and community:

- Stay home except to get medical care
 - Call your doctor before you go to their office for care
 - If you have trouble breathing or other concerning symptoms, call 911 for help
- Take care of yourself
 - Get rest and stay hydrated
- Avoid public transportation, ride-sharing, or taxis
- Separate yourself from other people and pets in your home
 - Try to stay in a specific room away from others
 - Use a separate bathroom if possible
 - Wear a cloth face covering if you need to be around others
- Monitor your symptoms
 - Common symptoms include fever and cough
 - Follow care instructions from your healthcare provider and local health department
- Wear a cloth covering over your nose and mouth
- Try and stay 6 feet away from other people
- Cover your coughs and sneezes
 - Throw used tissues in a lined trash can
 - Immediately wash your hands
- Clean your hands often
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid sharing personal household items
- Clean and disinfect all “high-touch” surfaces everyday
- Isolation can stop under the following conditions:
 - If you will not have a test:
 - You have had no fever for at least 72 hours without the use of medicine that reduces fever AND
 - Other symptoms have improved AND
 - At least 10 days have passed since your symptoms first appeared
 - If you will be tested:
 - You no longer have a fever AND
 - Other symptoms have improved AND
 - You received two negative tests in a row, 24 hours apart
 - In all cases, follow the guidance of your healthcare provider and local health department

COVID-19 Sick Leave Guidance

The [Families First Coronavirus Response Act \(FFCRA or Act\)](#) requires certain employers to provide employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. The Department of Labor's (Department) Wage and Hour Division (WHD) administers and enforces the new law's paid leave requirements. These provisions will apply from the effective date through December 31, 2020.

Additional Resources:

[Governor's Executive Order N-51-20](#)

[Governor's Executive Order N-62-20](#)

[California Coronavirus 2019 Resources for Employers and Workers](#)

Required Trainings

Online Training

- Handwashing (CDC) <https://www.cdc.gov/handwashing/videos.html>
- BPAA
 - COVID-19: Social Distancing
 - What is COVID-19?

General Work Protocol Trainings

- Checking in for work
- Proper removal of gloves

Glove removal

1. When removing gloves pinch the glove on one hand with the other gloved hand and remove
2. Once removed ball it up in your gloved hand
3. With your ungloved hand, slide your finger under the other glove and lift up to remove turning the glove inside out
4. Once your gloves are removed wash/disinfect your hands

Entering/ Leaving Work Protocols

If you are not on shift you are acting as a customer and should not enter any employee only areas.

When you enter the building you need to perform the following steps:

1. Wash your hands
2. Check your temperature and record it on the sign in sheet
3. Record the time that you entered the bowl and sign next to your name
4. Note if they have symptoms. If you have symptoms you should not be at work and should notify your supervisor accordingly.
5. Sign the sign in sheet.
6. Clock in on the time clock
7. Wash your hands before going to your department

When you leave the building you need to perform the following steps:

1. Wash your hands
2. Clock out on the time clock
3. Take your temperature and record it on the sign in sheet
4. Note if you have developed any symptoms
5. Record the time you are leaving
6. Wash your hands when you get home

COVID-19 Training Checklist

I have completed the following trainings. I acknowledge that working with the public has risks and do not hold my employer liable if I contract COVID-19.

| Date Completed | Training |
|-----------------------|---|
| | Read COVID-19 Handbook |
| | Read COVID-19 Work Protocol Handbook |
| | BPAA: COVID-19: Social Distancing |
| | BPAA: What if COVID-19? |
| | In person trainings (Manager Signature) _____ |
| | Job Specific Trainings (Manager Signature) _____ |

Name: _____

Signature: _____

Department: _____

Video Links

Video Presentation by Nor Cal Bowling Center on Bowling Centers Protocols and Readiness

<https://vimeo.com/447361328>

Video of Bowling at Bel Mateo Bowl in San Mateo on July 7, 2020:

<https://www.youtube.com/watch?v=jaehvcbSmNk>

ABC7 Newscast Video featuring Will Mossontte and his several SoCal Bowling Centers:

<https://www.facebook.com/mossontte/videos/10224733210137460/UzpfSTEwMDAwMTcxNzY3NTAxNjpWSzo2MDgoODc2ODMxNjcyMjM/>

ABC10 Newscast Video featuring Jim Decker of Double Decker Lanes:

<https://www.abc10.com/video/entertainment/television/programs/your-california-life/bowling-centers/103-6dabd6f9-7b29-4b72-9795-a88cba7759e5>