ESSENTIAL HYGIENE PROTOCOLS
ALWAYS TAKE THE FOLLOWING STEPS TO ENSURE YOU & THOSE AROUND YOU REMAIN HEALTHY

GENERAL HYGIENE

- Wash your hands often with soap and water for at least 20 seconds
- Wash or sanitise your hands before eating
- If soap and water are not available, use an alcohol-based hand sanitiser
- Avoid touching your eyes, nose and mouth
- Cover your mouth to cough or sneeze
- Stay home and seek medical treatment when you are sick
- Avoid close contact with people who are sick

BOWLING HYGIENE

- Do not share drinks, towels, or bowling balls with others
- Place hand alcohol-based sanitiser around the centre and in rest room facilities
- Centres should ensure all venues are maintained and cleaned to a high standard
- No physical contact high fives, fist bumps or other forms of physical celebrations during games
- Wipe and clean bowling balls and shoes after training and games

ESSENTIAL HYGIENE PROTOCOLS