

OVIEDO BOWLING CENTER

YOUTH PROGRAM

SAFETY TIPS

1. **WARM UP** - At rest, our muscles are somewhat cool and stiff and can easily be strained. To avoid injury it is important to warm up before bowling. Some common injuries involve the wrist, knees and back.
2. **BOWLING BALL** - Bowling balls are like weights. It is important not to use a ball that is too heavy or too light. Choose a bowling ball that has the right size finger holes. Proper fit will reduce injury.
3. **SHOES** - You should always wear appropriate bowling shoes for the entire duration of the game. Always check your shoes for sticky objects before taking your turn to bowl. **NEVER WEAR BOWLING SHOES OUTSIDE THE CENTER OR IN THE RESTROOMS.**
4. **FOOD** - You should never eat or drink anything in the bowling circle. It may cause injury due to dropping something on the floor/approach area.
5. **THE BOWLING BALL RETURN CHUTE** - PLEASE DO NOT PUT ANY PART OF YOUR BODY INSIDE OR NEAR THE BOWLING BALL RETURN CHUTE.
6. **FOUL LINE** - It is extremely important not to cross the FOUL LINE. You will not only be penalized for crossing the line, but the bowling lanes have been oiled and you could easily slip on the lanes if you step onto it. You should also make sure that you stay on your lane. Don't cross over to other lanes where you can interfere with other bowlers. Before your turn, check there are no other people around you that you could accidentally hit as you swing your ball.
7. **GOOFING AROUND** - There will be no running allowed in the bowling center. Please be respectful of your fellow bowler and adults. **ALL VIDEO/POOL GAMES IN THE BOWLING CENTER ARE OFF LIMITS TO BOWLERS DURING LEAGUE PLAY.**
8. **FUN** - Follow these simple rules and we will ALL have FUN.
SAFETY IS OUR NUMBER ONE CONCERN FOR ALL YOUTH BOWLERS