



## Bowls Cornwall News - June

### Keeping the bowlers of Cornwall connected

Dear Bowlers,

We hope you are keeping well. The fine weather certainly helps keep the spirits up. Since the last newsletter there have been a number of announcements and as of the middle of May it has been possible to return to bowls as long as the government guidelines are followed.

For many of us though, myself included there is an understandable caution about returning to play, even though here in Cornwall we have one of the lowest rates of Coronavirus in the country.

We are guessing that for many bowlers even given the government guidance, that nothing has really changed. The message is still 'stay at home' and it looks like we will continue to need to do that for a little while at least.

We would like to hear your views on returning to play? Are you raring to go, dusting off the bowls and racing to the Club? Or are you like me, taking it slowly to decide whether to bowl or not?

Do let us know how you are feeling about returning to bowls by e-mailing Bowls Cornwall at [bowlscornwallnews@gmail.com](mailto:bowlscornwallnews@gmail.com) or indeed if you have returned let us know how it was.

If you know of members who are not on e-mail then please print them a copy and post it to them, or pop a copy through their letter box while taking your daily exercise. Help keep our bowling community connected.

Take care and stay safe,

David Parr, Chairman, Bowls Cornwall.

We bowlers are a creative lot as you will see if you watch the video below of Cornwall Bowlers bowling in their homes and gardens.

<https://www.facebook.com/1377152104/posts/10223166325931301/?d=n>

Thanks to Mark and Leah Read for producing the video and allowing us to share it. Also well done to all the bowlers who participated.



## Returning to Bowls – Know the rules and stay safe

**Bowls England COVID-19: Supplementary Guidance for Lawn Bowls Clubs** - To read the detailed guidance click on the link below

<https://www.bowlsengland.com/covid-19-supplementary-guidance-for-lawn-bowls-clubs/>

If Clubs are reopening then they will issue specific procedures to their members regarding returning to bowls which will include how to book a rink, the need to sanitise the toilet area before and after use, etc.

# COVID-19 Safety Information Lawn Bowls

Max two people per rink  
(unless all players are from  
the same household)

Use your own bowls  
throughout the session

Only one to one coaching  
permitted - remaining two  
metres apart

To maintain a safe space,  
use alternate rinks  
(1/3/5 OR 2/4/6)

No shaking hands or  
physical contact with  
other players

Allow others to leave  
the green before you  
go on

Maintain social  
distancing (2m rule)  
at all times

Follow public health  
guidelines for hygiene

Do not play if you are  
self-isolating

More detailed guidance regarding  
bowls can be found on  
[www.bowlsengland.com](http://www.bowlsengland.com)



Clubs are encouraged to think creatively about how best to make their sport or activity possible within the guidelines.

The limit of no more than two on a rink, unless members of the same household - means that it is unlikely to be possible to organise amateur events or competitions currently. The primary purpose of bowling activity now is for physical and mental well-being.

### **More ways to stay active during lockdown**

Information on getting started with exercise and how to keep it going. Particularly important while many of us remain at home. Scroll down the page to the Getting Started section which has some useful tips.

<https://www.sportengland.org/jointhemovement>

and then at this next link there are ideas on specific exercise to do at home

[https://www.sportengland.org/jointhemovement#get\\_active\\_at\\_home](https://www.sportengland.org/jointhemovement#get_active_at_home)

### **Advice on staying safe, money and what to do if you are finding it harder to cope**

This helpful link to information put together by Cornwall Council covers a range of issues that might concern us at this current time from money, to staying safe to understanding Coronavirus. We think it's worth a look

<https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/>

We particularly liked the item at the link below about mental wellbeing during this time.

<https://www.cornwall.gov.uk/media/42895362/easy-read-guide-to-coronavirus-and-mental-wellbeing.docx>

### **Advice and Guidance**

#### **Friends against scams**

[https://www.friendsagainstscams.org.uk/article/505/beware\\_of\\_covid\\_19\\_scams](https://www.friendsagainstscams.org.uk/article/505/beware_of_covid_19_scams)

#### **First Aiders –**

Need to be aware that due to the COVID-19 outbreak guidance has been updated – specific alterations regarding giving breaths click on link below to St. Johns Ambulance for full details.

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

The information contained in this newsletter is not advice and should not be treated as such. You must not rely on the information in the newsletter as an alternative to advice from an appropriately qualified professional. If you have any specific questions about any matter in this newsletter you should consult an appropriately qualified professional.