

## **‘STAY SAFE SENIORS’**

### **HDVBA GUIDANCE NOTES FOR BOWLERS RE THE CORONAVIRUS OUTBREAK**

One of the most important things you can do to reduce the risk of infection for yourself and the people around you is to **wash your hands**, frequently and thoroughly, with soap and hot water. You should wash your hands more often than you would normally.

Don't be offended if your opponent **declines to shake hands** at the start and end of a match (elbow bumps and foot bumps are becoming more acceptable).

**Wash or wipe the jack** before bowling it at each end. It would be helpful if the host club could provide bucket(s) of water at the side of the green to aid this.

You should also make sure you **catch coughs or sneezes** with a tissue, handkerchief or your sleeve – not your hands – and put used tissues in the bin. Then wash your hands.

Try to **avoid touching your eyes, nose or mouth**.

*(Based on advice from Help the Aged and common-sense)*