



# Youth Bowling Program Manual



# Youth Bowling Program



Jumpstart webpage photo

## Introduction

Community sport is said to be one of the most positive forces in the lives of youth today. They need a variety of sport experiences that help develop healthy attitudes and physical literacy. The sport of lawn bowls is a great low impact rolling game that can be enjoyed by all ages with a few adjustments in equipment, size of the playing field, and variations to the standard version of the game. Participating in the sport of bowls helps develop and improve fundamental and specific sport skills with an emphasis on underhand rolling, balance, eye hand coordination, aiming, and the ability to determine distance. We also recognize that good programs run by good people also help youth develop courage, confidence, pride and creativity as they enjoy friendships and working together as a team on a common goal of playing a sport well and having fun while doing so!

## True Sport principles to include in Youth Coaching Program

**Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone and Give Back!**

Our coaches/ instructors are dedicated to including the [True Sport](#) principles in our youth programs.

## Acknowledgement

This manual was prepared by the Youth Development Committee during the winter and spring of 2021 in preparation for the Special Youth Projects to be held at Calgary Lawn LBC, Commonwealth LBC and at Medicine Hat LBC. The manual was then reviewed and revised during the winter of 2022 to be made available to all Alberta clubs for their 2022 season. The Committee members were Heather Mackie, Barb Moll, Howard Davison, and Pat Vos.

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We are thankful for the Jumpstart Covid-19 Relief funding Bowls Alberta received late in 2020. The funds were used to purchase the equipment referred to in the lesson plans, marketing banners, some additional youth bowls, Jumpstart recognition flags, and the youth's club membership fees at all three program host clubs. The remaining funds will be used for the publication of this manual and to prepare a short marketing video. The manual and video will be available to all Alberta bowls clubs that wish to welcome youth onto their greens.

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## Preparations for a Safe Sport Environment

### Preparing to Work with Youth

Introducing new skills and a new sport to youth can be exciting and rewarding for yourself as well as the youth. To ensure the best experience for everyone and to comply with all Safe Sport and insurance requirements there are some important steps for you as a coach or volunteer instructor to complete. The club must also take on some responsibilities as the host of the youth program. The expectations for parents and for the youth should be made clear as well.

### Coach & Volunteer Expectations

Ideally, each coach that teaches the skills of lawn bowls to youth should take the [BCB & NCCP Club Coach Course](#). This course is offered at least once a year with half taught on-line and half at a club and on the green. All coaches and/or instructors must now take some 'safe sport' training to ensure they understand and will contribute to creating a safe sport environment for their participants and for themselves. There are two options: the [Respect in Sport](#) training or the [NCCP Safe Sport module](#). Once completed please notify the Bowls AB office.

Finally all new Club Coaches are also now expected to take the [NCCP Emergency Action Plan](#) free online course. It's a ten-minute course that assists coaches in considering how they will handle emergencies and includes a number of great club documents to help develop emergency response plans.

### Optional additional training for coaches

[Commit to Kids](#) is on-line training that empowers coaches and other sport leaders with practical information to help them enhance child and youth safety in sport. It highlights the importance of understanding boundaries, sexual misconduct and reporting inappropriate behaviour. The training is quite extensive and does qualify for NCCP points.

[High Five](#) is a national program, based out of Ontario, which sets standards and provides training for working with children. The courses are based on principles to help instructors create inclusive and inviting spaces for their program participants.

### Background Checks

Bowls Alberta recommends that anyone working with youth have completed a police check and a vulnerable sector check but most important all youth coaches and volunteers need to follow the policies set at your club.

A Police Check (including the Vulnerable Sector check) can be done on-line or in person at your local police station. In some cities there is a discounted rate if you have a letter from your board stating you are a volunteer. Checks can also be completed through [Mybackcheck.com](#).



### **Code of Conduct Policy**

Each Coach/instructor should check if their club has a Code of Conduct and Safe Sport Policies and if so read and agree to abide by them. If your club does not have these policies you can check out the Bowls Alberta Coach's Code of Conduct and Safe Sport Policies located on the BA website.

### **Responsible Coaching Pledge**

The Responsible Coaching Movement (RCM) is a call to action for all Canadian coaches and sport associations & clubs to put in place 'responsible coaching' to ensure the health, safety and well-being of all participants. It includes pledges and courses that help coaches, instructors and clubs commit to making 'Sport Fair, Fun, and Safe'.

The RCM has a series of steps and currently Bowls AB has taken the RCM Pledge and our member clubs have been highly encouraged to do so as well so please check with your club.

An important aspect for our Youth is the practice of the [Rule of Two](#). When working with youth always ensure there are two coaches/instructors for each session. A coach should never work one on one with a child when they are alone together at the club.

### **Club's Responsibilities**

Those that coach, volunteer and help run the youth program should work closely with the Club's board to ensure they understand their responsibilities as follows:

- For each group session ideally a minimum of one NCCP trained club coach should be overseeing the training sessions, fun activities and/or tournaments with the youth.
- Each coach/instructor must be familiar with the club's policies and procedures for dealing with injuries or behavioural incidents of concern.
- There should always be two adults working with the youth, even if parents are present and watching from the benches.
- The session volunteers have discussed the 'emergency' plan for the evening and will complete a report form if any incidences do arise.

### **Safety with the greens to make the greenskeeper happy!**

Encourage the youth to respect the work of the greenskeeper and help keep the greens in great shape by:

- Wearing the proper shoes so as not to make dents in the green
- Not running up and down the greens
- Not dropping bowls on the green
- And not lofting bowls....but rolling them

### **Safety on the Greens and with the Equipment**

It is important that you help the youth be aware of and identify the hazards of the sport of lawn bowls. You can easily do this by leading a discussion where they first tell you the hazards/dangers of playing hockey and then challenge them to look around at the playing field, the equipment and even at 'themselves' and identify the hazards to be aware of and the cautions to help avoid anyone getting injured. Ideally review these again in a week or two.

Include the following hazards: the bowls & the jacks when propelled incorrectly or purposely; the rakes as a tripping hazard, the ditches, dropping equipment...especially the bowls, leaving things on the bank where people can trip over them, slippery surfaces when wet, and weather storms or very hot weather.

Be aware of any health and safety procedures your club has implemented. It would be great to arrange for the Head Safety Officer to visit with the youth and explain the what and why's to them so the youth respect and follow all the 'rules' and procedures. Part of this talk should include the youths' responsibilities in ensuring all participants are valued and respected and the understanding that no bullying or harassment of others will be tolerated.

### **Protocols for injury / reporting forms**

Have a set routine with the youth if someone does get hurt: i.e. if someone gets hurt everyone sit down and stay calm. If asked be prepared to help....get ice, a wet cloth, etc.

Do not leave the youth unattended while all the adults go help someone that is injured.

Together discuss the incident and fill out a form at the end of the session and file it as per required by the club. Ensure also that you let the Board of the club know an incident occurred. If your club does not already have a form see Appendix 1 for a sample report form.

### **Parent and Youth Requirements**

A sample Code of Conduct for the Youth is in Appendix 2. Before using it, make sure it also complies with your Club's Code of Conduct for all players. Just having youth think the statements through, discussing them with their parents and then signing will help make them more aware of their responsibilities to ensure participating in the youth program is fun for everyone involved.

Each club will also need to put into place their requirements around parents and/or guardians staying on site during the program. This of course depends a lot on the age of the youth and the number of individuals running the program. If parents do not stay on site then the youth registration form should include a request for the youth's Health # and permission to seek treatment in case of an unlikely accident. You should also always have parents/guardian's cell phone number on file.



## Marketing to Youth

### Types of groups to approach

#### Girl Guides/Boy Scouts

These groups work towards badges and generally are interested in trying new things. They can be invited as an individual "unit" or you can invite more than one "unit" to a friendly competition. They could also be asked to put up/send out some posters.

#### Schools

These can be trickier as there are school board issues that need to be addressed but schools can either come to you or you can go to them (Junior Jack Attack Kit in their gym or outside with regular bowls). Lawn bowls falls under target sports in their curriculum.

#### Church Youth Groups

These are another group of youth that already know each other and could be interested in trying something new. Youth like to try new things with their friends so by approaching an existing group they may feel more comfortable entering a new setting – especially one that has typically been seen as a sport for older people.

#### Curling Club Youth Programs

A local curling club could be invited to bring their youth curlers over to try out a similar sport. They have the advantage of understanding the basics of the sport so are an ideal fit.

#### Facebook Advertising

In this age of social media what better way to try and attract youth. Posting an article on your club's Facebook page along with a photo and some details of your program is a great place to start. Posting it on the Facebook pages of your local communities is another way to increase the reach of the post.

#### Community Centres in the Club's area

Regular newsletters (paper or electronic) to members within a community is pretty standard and often they are willing to include information about opportunities for youth at local clubs.





## **Ideas for groups of youth (schools, Guides/Scouts, church groups etc.)**

A great way to get youth involved in lawn bowling is to invite a group of youth down to the club, much like the way businesses will do corporate events. It is important however to treat these differently than an adult corporate group.

### **Important things to keep in mind with youth groups**

- Youth are not mini-adults, they need to be active more than still.
- Keep instructions short and simple so they can get playing quickly.
- Keep games short to maintain interest.
- Keep teams small so there is less waiting around.
- Allow everyone to be together at the same end so they can enjoy their friendships.
- Incorporate skill drills to make things exciting and fun. Drills also allow more people to be active at the same time while learning.
- Once they know the basics let them get into some game play and then give helpful advice and further instruction while they are playing.
- End with something fun so that they are ending on a high note like a Spider.

Appendix 4 has lesson plan sample for both 45 minute and 1.5 hour sessions.





## Weekly Program Lessons

These lessons have been created as a resource for volunteers who are working with the youth at their club. Volunteers will need to use their judgement to determine which activities each week are the best fit for their group.

When teaching the lesson part remember to keep it short and simple. The best method for teaching youth is to “ask not tell”. When youth are engaged in the learning process they learn more and learn better. Ask questions like where should we aim, what would happen if we, how could we get shot etc.

At the end of the 6 week lesson plans we have included a page of tips to be considered during each lesson, including ways to modify activities to meet the needs of the youth. Please refer to these regularly to allow you to make the most of each session. Based on feedback from the Pilot Project we have included a blank lesson template and a list of activities for each skill for clubs which prefer to create their own lessons tailored to their youth.

The goal of these lessons are twofold: to teach youth who are new to the sport the basics as well as to engage them in game play, and secondly to help youth who have bowled before to grow their skills and share their knowledge with the newer bowlers. This program caters mostly to those who want to bowl for fun.

As you use this material, if you have any input or recommendations please send them to [youth@bowlsalberta.com](mailto:youth@bowlsalberta.com) so that we can all learn from each other.

## **Week One - Session One: Introduction / Learn to Roll (Delivery)**

Warm Up – Scatter tennis balls around the bank and split into teams seeing who can get the most balls in the given time.

Lesson: Intro to bowls

- Bowl sizes, shape and how it curves
- Delivery of bowls

Tune Up

- Rolling tennis balls back and forth with a partner; start close and then move further apart.

Activities with a focus on delivery (see Activities/drills section for directions)

- Spider
- Square Off (BCB Learn to Bowl 1B)
- Modified Crown Bowling

Game: On rink with pre-set jacks

- Break youth into pairs or singles and have them play to pre-set jacks. The winner is the youth who is closest to the jack.

Clean Up: Have youth return all the equipment to the proper location.

## **Week One - Session Two - Learn to Roll (Finding the Line)**

Warm Up - Play a game of Simon Says using actions that are used in bowling

Lesson: Finding the line

- Teach the youth how to choose a line for both forehand and backhand.

Tune Up: Forehand and backhand

- Teach forehand and backhand – and have youth roll bowls on both hands.

Activities with a focus on the line (see Activities/drills section for directions)

- Mat Friendly
- Hurdles

Game: On rinks with set jacks

- Break youth into pairs or singles and have them play to pre-set jacks. The Winner of each end is the youth whose bowl is closest to the jack.

Clean Up: Have youth return all the equipment to the proper location.

## **Week Two - Session One: Learn to Play (delivery of bowls and jack)**

Warm up: Stretching set (swinging arms, high legs, toe touches)

Lesson:

- Go over rules/basic to game - rink marker, hog line, centre line, ditches
- Focus on rolling the jack (where it should land, how to roll)

Tune Up:

- Break into groups of 2 or 3 and stand in a triangle rolling a jack to each other.

Activities focusing on jack/bowl delivery (see Activities/drills section for directions)

- Bowls Eye (BCB Learn to Bowl 2A)
- Jack in the Box

Game: Divide youth into groups and play a game of pool noodle (modified games).

Clean Up: Have youth return all the equipment to the proper location.

## **Week Two - Session Two: Learn to Play Cont.' (Weight)**

Warm Up: Cone Flip – Scatter cones around the banks with half upside down, break into teams and have each team flip the cones one way (upside down or right side up)

Lesson: Safety

- Discuss safety precautions and emergency procedures

Tune Up: Have youth roll a few jacks down the rink and then back. Repeat with bowls.

Activities focusing on weight (see Activities/drills section for directions)

- Four Square (BCB Learn to Bowl 2D)
- Hoop Game

Game: Play a game of Jack –O (described under Modified Games)

Clean Up: Have youth return all the equipment to the proper location.

### **Week Three - Session One: Play (Scoring/Measuring)**

Warm Up: Blast Off (see pg. 18 for details)

Lesson: Scoring and Measuring

- Teach youth how to score a head in a regular scoring game.
- Create sample heads and have them determine the score.
- Teach youth how to use a measure.

Tune Up: Have youth roll their bowls down the rink and then back.

Activities focusing on line and weight (see Activities/drills section for directions)

- Hurdles with bowls or with jacks moving the hurdle into the centre
- Max and Min

Game: Aussie Pairs (2-4-2)

Clean Up: Have youth return all the equipment to the proper location.

### **Week Three - Session Two: Mini Tournament**

Warm Up: Moving stretches

Lesson: Etiquette

- Stress being good sports, supporting each other, positive comments

Mini Tournament

- Divide youth into teams of singles or pairs (as fairly as possible to keep it fun) and have a mini tournament with a game of your choice. Play short games and then switch opponents for more fun.

Game suggestions:

- Pool noodle
- Crown bowls
- Jack -O

Fun ending: Spider

Clean Up: Have youth return all the equipment to the proper location.

### **Week Four - Session One: Practising our skills (bump shot)**

Warm up: Pick up as many balls as you can before time is called.

Tune Up:

- Kitty Corner (described under drills) using both Jacks and Bowls

Lesson: Bump Shots (knocking bowls back a little)

- Briefly talk about adding a little weight and taking a little less line to bump a bowl or jack back.

Activities focusing on the bump shot (see Activities/drills section for directions)

- Tennis Ball Knock Off
- Tug of Ball

Game: Divide youth into teams and play a short game of Cut Throat.

- Teach the different scoring system while playing.

Clean Up: Have youth return all the equipment to the proper location.

### **Week Four - Session Two: Practising our Skills (Team positions and sequence)**

Warm Up: Simon Says

Tune Up: All at one bowling

Lesson: Teach the team position names and responsibilities and the sequence of play

Activities focusing on bump shots (see Activities/drills section for directions)

- Pigs in a Pen (BCB Learn to Bowl 4B)
  - For an additional challenge put the pen near the ditch and require youth to keep their bowl on the green.
- Grand Canyon (Junior Jack Attack)

Game: Pairs or Singles.

Clean Up: Have youth return all the equipment to the proper location.

## **Week Five - Session One: Tweaking our Skills**

Warm Up: Blast Off

Tune Up: Roll 4 bowls up the green and then back

- Try and get them all to land in a similar spot and then play back from there

Lesson: More advanced rules of the game

- Teach youth the rules around bowls and jacks that come to rest in the ditch

Activities (see Activities/drills section for directions)

- Lawn Bowling Golf (BCB Learn to Bowl 1D)
- Tug of Ball
- Hit the Bowling Pin

Game: Play a game of pairs or triples with the mat up and the jack near the ditch.

Clean Up: Have youth return all the equipment to the proper location.

## **Week Five - Session Two: Practicing our skills**

Warm Up: Stretching set (swinging arms, high legs, toe touches)

Tune Up: Musical Bowls (BCB Learn to Bowl 5E)

Lesson: Finding Mistakes

- Leaders show improper deliveries and have youth tell what you are doing wrong and how to correct it.

Activities (see Activities/drills section for directions)

- Hungry, Hungry Hippos (BCB Learn to Bowl 1E)
- King of the Hill (BCB Learn to Bowl)
- Beat the Goalie
- Square Target

Game: Snowball Triples (BCB Learn to Bowl 4H)

Clean Up: Have youth return all the equipment to the proper location.

## Week Six: Session One: Wrap Up

Warm Up: Blast Off

Tune Up: Break into groups of 2 or 3 and rolls jacks/tennis balls/bowls back and forth

Lesson: Review any skills that would benefit your group

Activities: Chose activities to fit the skills taught in the lesson

Game: Snowball Triples (BCB Learn to Bowl 4H)

Clean Up: Have youth return all the equipment to the proper location.

## Week Six - Session Two: Let's Play

Warm Up: Stretching set

Chose one of the following:

- Mini Tournament (follow Week Three - Session Two)
- Fun Day (set up a variety of the favorite drills)
- Bring a Friend - invite everyone to bring a friend
  - Be aware of the time or year and if you are prepared for what to do if those friends then want to join
- Adult/youth day
  - Invite adults from the club and pair them with a youth to play a short game and some fun activities

Group Ending - a game where everyone can play at once.

- Spider

Have all youth and/or parents complete an evaluation of the program. See Appendix 6 for a sample form.

Clean Up: Have youth return all the equipment to the proper location.



## Blank Template for Youth Weekly Program

**Warm Up** (Stretching, bending and moving exercises)

- 

**Tune Up** (a short hands on activity to get their body into the rolling motion)

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**Lesson** (the topic you want to focus on this lesson, specific things you want to teach the youth or a review of previous skills)

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- 
- 
- 

**Activities** (choose 2 – 4 activities that focus on the skill taught above)

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- 
- 

**Strategy for those more experienced youth**

- 

**Modified Game**

- 

**Clean Up**

- Have the youth return all the equipment to the proper places

## Tips for Returning Bowlers

Have returning bowlers model the instructions for the newer bowlers.

Consider a buddy system where a returning bowler works with a newer bowler.

Have the returning bowlers do the warm up with the group but then work with another coach on more advanced skills.

Keep the activity time shorter and increase the length of the game.

Have them choose a skill they want to develop (draw weight, up-weight, line, jack rolling etc.) and have them come up with their own activities.

Choose one session per week to focus on the lessons as above and the other session each week to be all game play.



## Tips for Modifying activities

If activities appear too hard:

- Move the mat closer to the target.

- Make the target space larger.

If activities appear too easy:

- Move the mat further away from the target

- Make the target space smaller.

- Add an obstacle (like a blocker)

If there is only 1 youth:

- Have an adult play alongside (the adult can use their opposite hand to make it a more level playing field or the adult can get less bowls).

- Focus on their specific needs and wants

## Warm Up Activities

### Blast Off

- 10 jumps, 9 high knees, 8, toe touches, 7 big arm swings, 6 hops on one leg, 5 squats, 4 tiny arm swings, 3 lunges, 2 high reaches and 1 blast off (jumping as high as possible with arms raised like a rocket).

### Cone Flip

- Spread cones out on the bank area (half upside down and half the right way). Divide the youth in half and assign them either right side up or upside down. Each group will try and get all the cones flipped their way. Youth must be balancing on 1 leg while flipping. See which group gets the most turned their way at the end of the playing time.

### Moving Stretches

- Have the youth do a dynamic stretch while moving around the bank. When you get to each corner chose a new movement. High Knees, Arm Swings and Butt Kicks, Lunges

### Pick Up Balls

- Scatter balls around the area (recommend using an area on the bank to allow for youth to move without worrying about marking the greens). Split into 2 groups and designate a drop off location for each group. Have the youth collect as many balls as they can, when all the balls are collected see which group has the most balls. To make it more challenging add a twist such as balance on 1 leg to pick up the ball or move only by doing lunges.

### Simon Says

- Play a game of Simon Says using actions that are used in bowling - bending, squatting, walking, reaching, lunging and touching the ground.

### Stretching

- Do a set of stretches including things like those in Blast Off. Allow the youth to each choose one stretch.

### Triangle

- Divide youth into groups of 3 and have them stand in a triangle. Have the youth roll a tennis ball or jack back around the triangle.



## Lesson Topics

### Introduction to Bowls

- Explain bowls, sizes and shape.
- Explain how to hold bowl in your hand

### Delivery

- Teach the importance of a consistent delivery including the grip, stance, bending, stepping forward and releasing to follow through
- Demonstrate incorrect deliveries and have youth tell you what you are doing wrong and how to fix it

### Finding the Line - Forehand and Backhand

- Explain the bias of the bowls (shaved and weighted sides).
- Roll a bowl straight ahead and discuss the results, have youth then talk about what that means in terms of where they should aim.
- Choosing a line – teach different methods; the old fashioned clock, picking a spot on the green or on the bank. Imagine the line before you roll the bowl.
- Teach forehand and backhand - ask youth where do you think I should aim and then show them what happens by aiming there - get them doing the thinking
- Set up bars to roll under or cones to roll between so they can get the hang of taking grass on both their forehand and backhand

### Game basics

- Teach the youth the following items and what they mean: rink marker, hog line, centre line, ditches
- Positions for team play (names and responsibilities)
- Sequence of play for team play

### The jack

- Delivery of jack
- Where it needs to finish to be legal
- Centering the jack (using specific hand signals)

### Etiquette

- Wishing everyone a good game and being a good sport
- Supporting each other with positive comments
- Giving each other space to bowl and concentrate
- Staying in the game and being ready to play when it is your turn

## Safety

- Where bowls are put at the conclusion of an end and why
- Potential hazards (bowls, ditch, rakes)
- How to treat the green
- Weather safety (heat, smoke, thunder etc.)
- Emergency Routines

## Scoring/Measuring

- The skill of measuring – how to use a measure
- How to score/count a head in a regular game. Create sample heads and have them determine the score.
- How to score/count a head in a Cut Throat game. Create sample heads and have them determine the score.



## Strategies

- Importance of back bowls
- Importance of being able to play both hands, how to choose which hand to play
- Matching opponent bowls, which ones to match and why
- Jack length – playing to your strengths

## Bump Shots (knocking bowls back a little)

- Briefly talk about what you need to change if you want to bump a bowl or jack back. Let youth provide the ideas where possible.

## Block Shots

- Putting your bowl in your opponent's way

## Drills by skill (directions are given in the next section)

### Focus on delivery

- 2-4-2 drill
- All at Once Bowling
- Back of the Queue
- Beat the Goalie
- Consistent Step
- Golf
- Hit the Bowling Pin
- Hungry, Hungry Hippo
- Junk Yard
- Kitty Corner
- Musical Bowls
- Spider
- Thud in the Ditch
- Wedge



### Focus on line – forehand and backhand

- Beat the Goalie
- Bowls Eye (if you set up a bar to go under on one hand)
- Catch
- Grand Canyon
- Hurdles
- Mat friendly (best practiced alone)
- Thud in the ditch

### Focus on Weight

- All at Once Bowling
- Back of the Queue
- Boula
- Four Zones
- Grand Canyon
- Hoops
- Hungry, Hungry Hippo
- Kitty Corner
- Min and Max
- Natural Weight

### Focus on Weight and Line together

- Beat the Goalie
- Four Zones
- Hula Hoop Game
- Junk Yard
- King of the Hill
- Mat Friendly
- Square Off
- Square Target
- Target Practice
- Tic Tac Toe
- Wedge



### Focus on Rolling the Jack

- Boula (if you played by rolling a longer jack and then shortening it each time)
- Four Zones
- Hoops
- Hurdle (if the hurdle was in the centre of the rink)
- Jack in the Box
- Max and Min
- Tic Tac Toe

### Focus on the bump shot

- Pigs in a Pen
- Tennis Ball Knock Off
- Tug of Ball

### Focus on the block shot

- King of the Hill



## Description of Drills (listed alphabetically)

### 2-4-2 drill

- Play in pairs with four bowls each.
- One player places the jack and stays at the jack, the other player rolls two bowls in a row.
- Player exchange places and the 2<sup>nd</sup> player rolls all 4 bowls.
- Players exchange places again and the first player rolls their remaining 2 bowls.
- Watching the bowls come into the head gives the youth an opportunity to think of the strategy for their last two bowls.

### All at Once Bowling (allows several youth to be active at the same time so no waiting)

- Put one mat for each youth along the edge of the green.
- Pre-set a jack at a predetermined distance and in line with the middle mat.
- Have youth stand side by side and roll their bowls at the same time, trying to land closest to the mat. If youth are close together have every other youth roll at the same time to avoid collisions or have all youth play on the same hand.
- Have youth all move two mats to the right and repeat.
- This requires youth to think about how to aim when the jack is not centered in front of them (preparing them for when the jack is moved in a game).

### Back of the Queue (BCB Learn to Bowl Manual)

- Set up 6 mats each parallel to each other but 2' ahead of the mat beside it.
- Place target jacks or cones a reasonable distance down the green and in a straight line.
- Players start on the first mat and have 2 opportunities to roll a bowl between the target and the ditch. If successful they retrieve their bowls and move to the next mat. If not successful they go to the back of the queue for the same mat.
- This teaches youth how to take off a little weight to make their bowl shorter.



### Beat the Goalie (Junior Jack Attack)

- Set up a goal net using cones and place some cones close together, centered in front of the net (to be the goalie).
- Youth roll from the mat trying to get their bowl in the net without touching the bowls that are out front. Try and score as many goals as you can and try to do better each time.
- This teaches youth to take grass and not roll the bowl straight.

### Boula Snakes (BCB Learn to Bowl 2F)

- Divide youth into teams (or play as individuals with 4 bowls each).
- The first youth rolls a bowl which becomes the head of the snake.
- Remaining youth take turns rolling their bowl to go further than the last bowl.
- The team with the shortest snake wins.



### Bowls Eye (BCB Learn to Bowl 2A)

- Using a large mat, youth try to roll their bowl onto the mat.
- The target mat or the bullseye mat would work really well for this.
- Score a point for each bowl that lands on the target mat.
- This allows for a larger scoring area than using a jack and would be similar to the adult drill of being within a mat of the jack.

### Catch

- Play in pairs with youth that have bowls of a similar size. One bowl per youth.
- Youth roll bowls back and forth to each other at the same time.
- Roll all backhand first, then switch to forehand.
- Great for emphasizing the importance of a consistent delivery routine.

### Consistent Step

- Use a small round mat for youth to step onto.
- Consider setting up a target line to roll the bowl over.
- Great for emphasizing the importance of a consistent delivery routine.



### Four Zones (BCB Learn to Bowl 2D Four Square)

- Using cones create 4 target rows down the rink each approx. 3' in depth.
- Youth roll their bowls trying to get one bowl in each row.
- Great for teaching weight adjustments.



### Golf (BCB Learn to Bowl 1D)



- Set up a course by creating obstacles between the mat and the golf hole (cones to go around, hurdles to go under).
- The golf hole can be a jack, a large ball or a plastic bin in the ditch to roll into.
- Use one bowl each bowl from where it stopped until it lands in the "hole"
- Count the number of rolls needed to get it in the hole.

### Grand Canyon (Junior Jack Attack)

- Put out 2 cones about 6' from the ditch.
- Youths roll their bowls from the mat, trying to get through the gate created by the cones and remaining on the green when the bowl comes to rest (bowls in the ditch do not count).
- Score one point for each bowl that gets through the gate and stays on the green.



### Hit the Bowling Pin (bump up style)

- Create a gate on either hand part way down the green. Place a plastic bowling pin 10' down the green in the centre.
- Youth must go through one of the gates and then knock over the pin.
- Each time a youth knocks down a pin they can move it back 3'.

### Hit the Bowling Pin (runner style)

- Create a gate directly in front of the mat and place a plastic bowling pin 10' down the green.
- Each time a youth knocks down a pin they can move it back 3'.

### Hoops (BCB Learn to Bowl 1A)

- Set up mats and flat hoops with varying distances between them.
- Youth start at a mat and try to get their bowl into the hoop. When successful, move to the next hoop. Or have each youth move to the next hoop after 4 tries.
- If you do not have flat hoops use 4 cones to designate an area, a flat Frisbee nailed into the green or a golf hole target.



### Hula Hoop Game (best played alone)

- Youth stand on their mats and try to roll 4 jacks/bowls to the same spot.
- After delivering all 4 bowls, use a large hula hoop to see how many balls fit inside it when it is placed over the balls/bowls.
- Try and get as many bowls within a hoop distance as possible.

### Hungry, Hungry Hippos (BCB Learn to Bowl 1E)

- Divide youth into teams of 2 - 4.
- Place a pile of tennis balls/jacks in the centre of the playing area.
- Place one hoop on the outside for each team.
- One youth from each team begins in the centre while the rest wait by the hoop. The youth in the centre grabs a ball and tries to roll it into their team's hoop.
- They keep rolling until the whistle blows when a new youth from each team comes in. Return any balls not in hoops to the centre.
- At the end of the game the team with the most balls in the hoop wins.



### Hurdles

- Place a hurdle bar on 2 cones on the forehand side and the same on the backhand side of the rink.
- Youth roll their bowls through the hurdles.
- Score 1 point for going under a hurdle and a bonus point for stopping within a pool noodle of the jack.





### Jack in the box

- Use cones to create a square on the green.
- Roll jacks, trying to have them land in the box

### Junk Yard (BCB Learn to Bowl 4D)

- Targets (Cones, cups with tennis balls on top, bins, bowling pins, garbage cans etc.) are set up at varying distances from the starting line.
- Youth score points by knocking down the targets.
- The further away the target is the more points it scores.



### King of the Hill (BCB Learn to Bowl 4G)

- Divide the youth into 2 teams.
- Make a large circle with cones and put targets (cones, cups with tennis balls, bowling pins) in the middle.
- The first team can stand anywhere outside the cone circle and roll their bowls to try and block the targets (blockers).
- The 2nd team rolls from the same places, trying to avoid the blockers and knock down the targets.
- Score points for the number of targets knocked down.



### Kitty Corner (BCB Learn to Bowl 3C)

- Place a jack in the centre of the green (or use a large ball).
- Youth chose a corner to roll from and try and get their bowls as close to the jack as possible.

### Mat Friendly (best played alone)

- Set the jack and roll two forehand and two backhand bowls
- Play the forehands first on odd ends and the backhands first on even ends
- Record 1 point for each bowl that comes to rest within a mat distance (or pool noodle) of the jack.

### Min and Max

- Create 2 zones on the rink, one close and one far and marked with 4 cones.
- Roll two bowls to the far zone and then two bowls to the close zone.
- Score a point for each bowl that lands in the zone it was intended for.

### Musical Bowls (BCB Learn to Bowl 5E)

- Set up colored cones in a circle in the middle of your playing area (2 of each color) and put mats around in a larger circle towards the edge of the green.
- Call out one color.
- While the music plays, youth walk around the outside of the mats.
- When the music stops youth go to the closest mat and roll their bowl to the nominated color.
- The winner picks the next color or scores a point.



### Natural Weight (best played alone)

- Each youth deliver all four bowls in a row naturally (without consciously thinking about the weight)
- If all the bowls landed in a similar place that is your natural weight
- This drill help helps youth know if they need to add weight or hold back

### Pigs in a Pen (BCB Learn to Bowl 4B)

- Set up a line of black bowls between 2 cones about 6 feet from the ditch and place the mat at an appropriate distance for your group
- Youth roll a bowl to knock a black bowl into the space between the original black line and the ditch.
- Black bowls that land in the ditch do not count.
- Score a point for each bowl that gets bumped and remains on the green.



### Spider game

- Youth stand around the edges of the green. Place a large ball in the middle and on the count of 3 have everyone roll a bowl towards the ball, using their forehand. Repeat with backhand rolls. Bowl closest to the middle ball wins.

### Square Off (BCB Learn to Bowl 1B)

- Divide youth into teams of 2. Mark a square in the centre of your playing area (with cones or place down a target mat such as the bullseye upside down).
- Have teams stand on opposite sides of the square (so 2 groups of 2 at each square) and have youth roll their bowls (or tennis balls or jacks) trying to get them to land in the centre square.
- Each time they are successful they move back one large step.



### Square target

- Create a square target area using cones or the bull's eye mat.
- Youth roll their bowl from the mat trying to get it into the target square.
- If the bowl does not land in the target it is rolled from where it ended.
- Try and get all 4 bowls in the target using the smallest number of rolls possible.

### Target practice (BCB Learn to Bowl 2B)

- Create a target zone using cones at the corners and placing a cone or large ball in the centre of the designated area.
- Youth roll their bowls trying to get them to land in the target. If you prefer you can use a thin table cloth to designate the target area.
- Play with two youths on the same rink and the youth with the most bowls in the target wins, if it is tied the youth whose bowl is closest to the middle cone/ball wins.





### Tennis Ball Knock Off

- Place a set of plastic cups in a line part way down the green.
- Place a tennis ball on each cup.
- Have youth roll their bowls trying to make contact with the cup to knock off the ball.



### Thud in the Ditch

- Facing the ditch, roll 4 four bowls on your forehand and four on your backhand to land in the ditch (from a distance that a gentle draw weight lands in the ditch)
- Use CD's to roll over or cones to roll between to ensure youth are taking grass.
- This is great for developing a consistent delivery routine.

### Tic-Tac-Toe (BCB Learn to Bowl 5F)

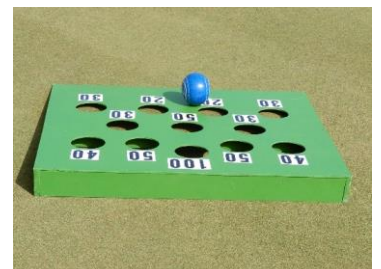
- Create a tic-tac-toe board on the green (using chalk, green tape or string)
- Youth take turns rolling their bowl into a square trying to get 3 in a row.
- Decide ahead of time if youth are allowed to remove opponent's bowls from a square or if once a bowl lands in that square it can't be removed.

### Tug of Ball

- Divide youth into 2 teams and place them on opposite sides of the green.
- Put a large & light ball in the centre, draw chalk lines 1' in front and behind ball.
- Youth roll jacks, tennis balls or bowls trying to get the large ball to cross the line towards the other team.

### Wedge

- Youth take turns rolling their bowl onto the wedge which has holes with different points per hole. Try and get the most points possible with your 4 bowls.



## A Collection of Modified and Alternative Games (alphabetically)

### Bowls Croquet

Set up wickets/stakes as shown in the diagram below and follow the order beginning at the peg. First going through all the yellow number wickets and then touching the peg and returning through red sequenced numbers. As you set it up try to keep the space between the stake and the two beginning and turnaround wickets at least 3 feet. Spread the course out over the full green.

Bowls croquet can be played as a singles game (either one or two bowls on a side), doubles (each player has a partner playing his/her own bowl), or triples using six bowls (six players in the game – either three teams of two players or two teams of three players.)

**Object of Game:** to have your side's bowl(s) score more wickets than your opponent. In a time- limit game, the winner is the side with the most points at the end of time (each wicket scored by a bowl is one point). You score a wicket by going through it.

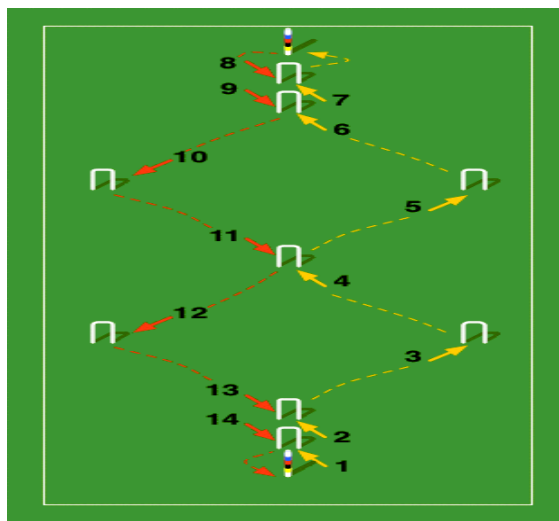
**Sequence of Play:** determine who will begin and then alternate turns.

**Extra Strokes:** When you make your wicket in order or hit the turn stake you get one extra roll. If you hit (croquet) a bowl from an opponent you get one extra roll.

#### Special Conditions:

Two strokes are earned for going through the first two or upper two wickets, or wicket #7 and the turn stake in one roll. If you hit the turning stake you play from where the bowl came to rest. If you make your wicket and then hit a bowl on the other side of the wicket you get one shot for having made the wicket and one shot for hitting the opponent's bowl. The maximum number of bonus shots earned by a roller is two; there is never a time when a striker is allowed three shots.

**Rover Bowl:** If you score all the wickets, you are a rover. A rover helps his/her side's bowl(s) while hindering the opponent's bowls. A rover may hit all the bowls only once per turn.



## Cut Throat

Divide youth into groups of 3 or 4 players. Each group heads to a rink and they play in alphabetical order. For the first end the person whose name is first alphabetically rolls the jack, in subsequent ends the player closest to the jack rolls the jack and the first bowl then play continues alphabetically. After all bowls have been rolled players score the head in the following way:

- Closest bowl scores 3 points
- Second closest bowl scores 2 points
- Third closest bowl scores 1 point



## Fun Bowls

Divide players into teams of 1, 2 or 3.

This is a 3 end game with players alternate rolling their bowls and the team who won the previous end rolls the jack. The count is scored as in regular bowling but with the following happening:

- End 1 – all bowls count in the scoring (normal end)
- End 2 – all bowls that are behind the jack are removed from play before the end is scored.
- End 3 - all bowls that are in front of the jack are removed from play before the end is scored.

Make the game longer by playing 2 ends of each different style or add more different ends (such as 2 ends where the jack is rolled last – each skip gets to roll once)

## Jack Attack

Create teams of 2 or 3 players depending on numbers.

All players remain at the mat end until all the bowls have been rolled. Teammates can play in any order and can change it up – just so long as the two teams alternate rolling.

Sets play: 2 - 5 end games (or 3 end games if needed for time/attention). If teams are tied after the 2 games then the winner is determined by a roll to the jack.

## Jack-O

Purpose: discussions of strategy and position of bowls

Jack-O is a fun 'reversal' game where the jack is delivered last! Teams of pairs ideally. Since the whole idea of the game is to deliver the jack last this requires players to pay close attention to where their bowls are delivered and then make strategic decisions as to where to roll final bowls and then finally where to roll the jack to.

The game starts with a toss of a coin and wishing each other a good game. All the players stay on the mat side and alternate delivering their bowls ...firsts (leads) alternate, and then seconds (skips) alternate. So all 4 players deliver a bowl before taking turns delivering their second bowls and so on until all players have delivered all their bowls. No one is at the head, or goes to the head, except after all the bowls and the jack have been delivered. Once all the bowls are delivered the first person to roll their bowl gets to roll the jack to a position their team has decided would be to their advantage. If the jack goes out of bounds, even if it bounces off a bowl, or is short of the legal playing length or goes in the ditch, the opposition has a chance to roll the jack. If their roll of the jack is invalid, then the jack is placed on the t-line. Once the jack is rolled, the teams go down to the head, the score is determined using regular scoring, and the team that scored places the mat, and proceeds to roll the first bowl. Alternate which team rolls the jack each end. Scoring will be determined, and another end completed and so forth. Play to a set number of ends and a winner can be declared.

### Alternating the game:

- Make teams of triples —but encourage the bowlers to stay on task and bowl their turn quickly to ensure you minimize the waiting time for bowlers.
- Vary the number of bowls each player gets depending on the time you have to play.
- Allow the team who won the previous end to roll the jack the following end.
- Make this a tournament for several teams and after 4-6 ends have the winning teams move to the right and the losing teams move to the left and then play another 4-6 ends. As time allows play a minimum of four games and then declare a Jack-O Champion team.



### **Last Bowler Standing**

Split into group of 3 or 4 youth, each using 3 or 4 bowls.

The jack is rolled and left where it lands (as long as it is a legal jack). If the jack is illegal the player who rolled it loses one of their bowls and the next player rolls the jack.

Players roll bowls in turns and when all bowls have been delivered the bowl furthest from the jack is removed from play as are any bowls which are outside the rink markers or in the ditch (unless they touched the jack). If a player moves the jack out of bounds they lose that bowl and the jack is returned as close to the original position as possible.

The player who was closest to the jack rolls the next jack and play continues.

A player's last bowl is never removed so that everyone is always in the game. The game ends when only one player has more than one bowl in play.

To make the game last longer, each end the player closest to the jack can reclaim one of their bowls that have been removed from the game.

### **Modified Crown Bowling (requires the whole green)**

Divide youth into groups of 2 or 3. Each youth uses their own bowls and the group share a mat/jack.

The first youth rolls the jack anywhere on the green and the group bowl to that jack.

The winner is the youth whose bowl is the closest, they place the mat where the jack was and roll the jack wherever they want.

Continue for as many ends as pre-determined.

Several groups can do this at the same time and can bowl through each other, it add to the fun.

For a fun twist you can toss a flat Frisbee, bean bag or a soft football instead of using a jack.

### **Modified Singles Game**

Purpose: added competition to increase concentration of aim and delivering

Two players per rink to have a full set of bowls available and each player will always have 2 bowls to compete. Each player commences with 2 deliveries, as a minimum for every end in a singles game, however whoever wins the first end can now add another bowl for delivery on the next end; if they lose the following end they forfeit the extra bowl and that player is back to 2 bowls while another player now has three; consecutive winning ends means you can add another bowl to play with getting up to four or more. Winner is the first person to have 4 bowls to play with or have the most bowls after a set time and no need to keep score. No player should ever have less than two bowls...they don't forfeit if they lose an end and only have two bowls; only a player with 3 or more bowls will give up a bowl when they are beat on an end.

Variation game: add a bowl every time one player wins an end so no forfeiting of any bowl until a player is deemed the winner when they have all 8 bowls on the rink in play; this requires each bowler to have two sets of bowls available to use during this game.

## Obstacle Course

Purpose: to practice various shots...a variety of challenges; emphasize concentration

Set up a green with a different shot for each rink with mats, direction cards and equipment. Bowlers can all start on a different rink with their four bowls and then move from rink to rink until they have completed all challenges on all rinks.



1. Draw to large square target mat
2. Draw-as close as you can to the ditch without rolling in
3. Roll to an 'ideal position' mat (*this is a triangular type mat prepared by the Head Coach of AB*)
4. Short set jack; roll over an aiming line and/or through arches / set up for back and forehand
5. Roll to 'touch' a large Pilate's ball and stay within a mat length
6. Roll one short bowl and attempting to roll each bowl a bit further
7. Draw to a short jack

Variations:

Have players roll forehand for all odd rinks and backhand for all even rinks.

Discuss the challenges after everyone rolls through and ask bowlers for suggestions to change up the 'course'.

## Pool Noodle

**Purpose:** practice delivering, playing pairs and determining and keeping score

Divide players into teams of 1, 2 or 3 people, if you have uneven numbers just ensure each team rolls the same number of bowls or have 3 players on the same rink all play individually.

Have players determine who will go first. Wish each other a good game. The starting team rolls the jack and the first bowl. If the jack goes out of bounds or lands in the ditch the other team rolls the jack. Alternate bowls between teams until all bowls have been rolled. When the end is complete everyone goes to the head and all bowls which are within a yardstick/pool noodle score 1 point for their team.

Play either a set number of ends or a set time limit.

## Pre-set jacks

Break youth into pairs or singles and have them play a short game (2 – 3 ends) to pre-set jacks. The winner of each end is the youth who is closest to the jack and they roll the first bowl in the next end.





## Pro Am Tournament

This is a fun and a bit of a competitive tournament where the youth get paired with the “pros”. The “Pros” are those that are on the Canadian Team or have been to the Canadian Championships. You’ll need to recruit as many pros as you have youth that will participate in the event. Ideally you would play pairs but if you can’t get enough pros you could play triples. Emphasize with the pros that making the tournament fun for the youth is key! And make sure you invite the youth’s families to come watch. If needed the “pros” could be any adult club members.

### Main Format

Pair up the youth and the pros by having the youth draw a “pro’s” name for their team member.

Play three 5 end games; alter by playing less or more ends depending on the time available.

After each game redraw for a new team member.

Keep score, handing in the results after each game.

### Declaring Winners

Cumulative points after the three games determines the 1st, 2<sup>nd</sup> and 3<sup>rd</sup> place winners; a drink ticket to the pros and a treat of some kind to the youth OR a ‘drink’ ticket for everyone (juice, pop or beer) and then something extra for the top three youth.

## Snowball Triples (BCB Learn to Bowl 4H)

Divide youth into teams of 3. Play a 3 end triples game where youth rotate positions after each end (so everyone plays every position). Score like a regular game of bowling.

## Stampede Fun

For some Stamped fun get a club member to create a horseshoe similar to the one in the photo and create a game keeping score for teams and playing a determined number of ends. All bowls that finish in the horseshoe score one point for their team





## **Survivor Game** (score cards and idols are in Appendix 7)

**Equipment:** 1 set of bowls for each player

2 mats and 1 jack per rink for 3-4 players

1 immunity idol for each rink (extra immunity idols in case they are 'lost' or wrecked)

1 Survivor badge for each rink (extra survivor badges depending on rounds played)

**The Game:** On each rink up to 4 bowlers will compete against each other with the same ultimate goal: to outwit, outplay and outlast each other. Each end, the bowl furthest from the jack will be eliminated from play until only 1 player has bowl(s) remaining. That player wins the *Lawn Bowl Survivor* badge for that game.

### **The Immunity Idol twist:**

During the game if a bowl being rolled touches the jack, that player takes possession of the Immunity Idol. The player can use this Idol to prevent his/her furthest bowl being eliminated from play. A player holds onto the Idol until another player touches the jack in which case the Idol is passed on to that player or when the idol is played to save a player's furthest bowl being eliminated from the game in which case the Idol is then relinquished and again up for grabs. The Immunity Idol cannot be used to save bowls that go out of bounds or in the ditch.

The Idol can be played any time except when all players left in the game only have 1 bowl each or if there are only 2 players left in the game.

### **Playing the game:**

1. For the 1<sup>st</sup> end, play in alphabetical order with the first player rolling the jack. Once the jack is centered, each player rolls their 4 bowls alternating turns. Bowls that go out of bounds or in the ditch (without hitting the jack first) are eliminated. Bowls that are knocked out of bounds or into the ditch are *not* eliminated from play and are saved from being the furthest bowl. Note if the jack is hit out of bounds it is placed on the t-line.
2. After all the bowls are rolled, determine which bowl (still in play) is furthest from the jack. That bowl is eliminated from the game. Note: if the furthest bowl belongs to a player holding the Immunity Idol (see below), the second furthest bowl is removed.
3. For the 2<sup>nd</sup> end, and each subsequent end, the player whose bowl was closest to the jack gets the privilege of rolling the jack while the player with the fewest bowls must centre the jack. Then the player with the most bowls rolls first while the player with the fewest bowls rolls last. If players have the same number of bowls keep the same order as the previous end.
4. Play until you have a survivor! You could play several rounds and have an *ultimate survivor*.

## Two Bowl Pairs - 4, 3, 2, 1

Purpose: practice delivering, playing pairs and determining and keeping score

Divide everyone into pairs and assign them to rinks with only two bowls each....ideally partners have the same bowls....or as similar in color as possible if they each play with a different size. Play as usual regarding determining who begins and wishing each other a good game. You can have players assume skip and lead positions or leave all four players at one end. Once each player delivers their bowls...so a total of 8 bowls delivered....determine the count assigning 4 points for the closest to the jack, 3 for the second closest, 2 for the third and finally 1 for the fourth closest. Record score for each team. The team that had the closest bowl gets to deliver the jack on each subsequent end. Play according to determined number of ends or to a time limit.

**Alternative:** Could play this game with parents for some extra fun or with some older youth or club members that wish to play with the youth. This game is successful in South Africa where they most often play 10 ends or first team to 51 (each match worth up to 100 points...ten points awarded over ten ends). You could also set a time limit or first to 25 points or whatever works best for the ability and engagement and interest of the youth.



## Youth Group Project / Giving Back

Each youth group should be encouraged to host a fundraiser as a way of learning to give back. The fundraiser could be towards JumpStart in recognition of the initial grant they gave Bowls Alberta or towards travel costs for their youth who are competing and have out of pocket expenses or to a charity that has a youth has a connection to. Here are some ideas for the youth and leaders to consider:

1. Host a tournament for their club and have a collection pot / wrong bias pot / 'shortest bowl after an end' pot.
2. Hold a small auction where youth bring items from home valued at around \$20 that are new or almost new and then hold a silent auction at the club over a few days.
3. Organize some fun challenge games for the adults where they each pay a toonie to play so many bowls and the winner gets 50% of the pot and the rest goes to jumpstart.
4. Place a donation jar by the bar....the funds are split 50/50.
5. Ask the youth for ideas!



## Bowls Alberta resources

Currently Bowls Alberta (BA) has several resources for youth which are stored in different locations in the province to allow for access by all clubs. This equipment can be borrowed by clubs. Contact the BA office for more details.

### Junior Jack Attack Kit (BA office and a Calgary Club)

- Each kit contains mats, foam jacks, foam bowls (yellow and green), activity cards, pylons, target mat.
- The foam bowls allow them to be used indoors and outdoors.

### Wedge ramps (BA office, Calgary Lawn and Medicine Hat)

- These are wedges with holes in them each worth a different number of points. Bowlers roll their bowl up the ramp and into a hole to score points.

### JumpStart Equipment Kits (Commonwealth, Calgary Lawn and Medicine Hat)

- Each kit contains pylons, hurdle sticks, tennis balls, golf targets, bulls eye target, spot markers, three sizes of large balls, pool noodles and a wagon to hold everything.
- This equipment is geared towards setting up the different drill games in this manual



### BCB Learn to Bowl Kit (Medicine Hat)

- This kit contains a lesson manual, activity cards and flat hoops

**Appendix 1: Sample Incident Report**

**Confidential**

**General Incident Report Form**

**Incident Date and Time:** \_\_\_\_\_

**Name of Individual(s) Involved:** \_\_\_\_\_

**Are they a club member?** \_\_\_\_\_ **Are they a member of another club?** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**If applicable:**

**Name of Parent/Guardian/Caregiver:** \_\_\_\_\_

**Notified: Y / N If yes, date/time of notification:** \_\_\_\_\_

**Description of Incident (nature of incident, people involved, where and when it occurred):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Description of Any Injuries Sustained:** \_\_\_\_\_

\_\_\_\_\_

**Description of Action Taken (any next steps that need to occur, any changes that should be made, any treatment that was given or authorities that were contacted):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Any Additional Relevant Information: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Direct Quotes from Individual(s) Involved (NOTE: If this is an abuse allegation, do not conduct an interview but report only the comments they share with you.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Names of Witnesses

Contact info of Witness

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name of Person Making Report: \_\_\_\_\_

Position of Person Making Report: \_\_\_\_\_

Phone Number of person making the report (for follow-up if needed: \_\_\_\_\_

Date Form Completed: \_\_\_\_\_

I hereby confirm that the information provided in this report is accurate to the best of my knowledge.

Signature: \_\_\_\_\_

The person completing this report must give a copy to **\*\*enter your club's safety officer \*\*** or email it to **\*\*\*email address that looks after safety\*\*\***

NOTE: If this is an allegation of abuse, it must be reported to a protection agency or police.

## Appendix 2: Sample Code of Conduct

### Code of Conduct for Youth

I, \_\_\_\_\_, agree that I will work to make our youth lawn bowling  
Print your name

activities fun for everyone by doing the following:

- I will arrive at practice on time and be ready to give my full attention to my coaches.
- I will learn the value of commitment by participating in as many practices and games as I can.
- I will aim to learn all I can and help others learn as well.
- I will encourage my teammates and praise good efforts.
- I will be honest, fair, and respectful to others at all times.
- If I feel I am being treated unfairly by anyone I will talk to a trusted adult.

\_\_\_\_\_  
Youth signature

\_\_\_\_\_  
date

As parent / guardian of \_\_\_\_\_ I have helped him/her understand the behaviour that is expected. I will support him/her to fulfil their commitment so that their experiences at the club and on the greens can be safe, fun and enjoyable for everyone. I commit to ensuring that a guardian will be in attendance at all youth events at the club.

\_\_\_\_\_  
Parent/guardian signature

\_\_\_\_\_  
Date

**Appendix 3- Sample Registration Form (Note this form assumes parents remain on site.)**

**\*\*Your Club Name Here\*\***

**Youth Registration From**

YOUTH INFORMATION	
Name	
Parent/Legal Guardian Name:	
Mailing Address	
City	Postal Code
Home Phone Number	
Parent's Email	Youth's Email (if desired)
PARENTS CONTACT INFORMATION	
Name	Cell Phone Number
DEMOGRAPHICS REQUESTED BY BOWLS ALBERTA & SPORT CANADA	
Date of Birth (yyyy-mth-dd)	
<input type="checkbox"/> Person with a Disability <input type="checkbox"/> Indigenous <input type="checkbox"/> New Canadian	
<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-binary (not male or female) <input type="checkbox"/> Gender-free	
TYPE OF MEMBERSHIP	
<input type="checkbox"/> Youth - <b>**your fee here**</b>	
MEDICAL CONDITIONS/ALLERGIES THAT COULD IMPACT PARTICIPATION	
HOW DID YOU HEAR ABOUT OUR CLUB?	

- I agree that I will remain onsite during all youth bowling activities.
- I give consent for **\*\*your club name here\*\*** to communicate with me by email.
- I give consent for photographs in which my child appears to be used in print and electronic publications used for promotional purposes by **\*\*your club name here\*\*** and Bowls Alberta.

By signing this form, I acknowledge that I have read and understand **your club name here\*\*'s Abuse Prevention Protocol** and agree myself and my child will abide by its terms and conditions, and that failure to follow its terms could result in disciplinary action up to and including expulsion from the club.

\_\_\_\_\_  
Legal Guardian Signature

\_\_\_\_\_  
Date



## Appendix 4- Sample Lesson Plans for Groups of Youth

### Sample plan 1 for a group of youth (1.5 hour session)

Time	Activity
5 minutes	Welcome & intros – ask how many have lawn bowled before? Warm Up – Simple stretches on the bank Warm Up Game – Keep Away – split the group in half and have them roll tennis balls onto the other side to see which side has less tennis balls when the time is up. Best played on the surrounding area to avoid scuff marks on greens
5 minutes	Explaining the basics – labelling the equipment, talking about the shape of a bowl and showing how to deliver a bowl Letting everyone hold a bowl and deliver it
30 minutes	Fun Games – set up fun games and let the youth try them out Options can include: <ul style="list-style-type: none"> <li>• Scoring on the wedge</li> <li>• Target mats</li> <li>• Rolling your bowl under a hurdle</li> <li>• Knocking a ball off an upside down cup</li> </ul>
30 minutes	Game Play – split into teams of 2 or 3 and set up games Play 3 – 5 ends and then switch and play another team Options for play: <ul style="list-style-type: none"> <li>• Regular bowling</li> <li>• Pool Noodle – all bowls within a pool noodle score 1 point</li> <li>• Cut Throat scoring – team with the closest bowl scores 3, next closet team score 2 and 3<sup>rd</sup> closest team scores 1</li> </ul>
5 - 10 minutes	Closing Game of Spider Have everyone stand around the edges of the green and on the count of 3 all roll towards a ball which is set in the middle
5 minutes	Clean up and closing Have all the youth help put everything away

## Sample Lesson Plan for a group of youth (45 min session)

Warm Up, Show & Try and Cool Down are done together, make 3 groups for the stations and rotate.

Time	Activity	Learning Goal
5 mins	<p>Welcome &amp; intros – ask how many have lawn bowled before?</p> <p>Warm Up – Touch and return</p> <ul style="list-style-type: none"> <li>Choose things in the area to move to in different ways (e.g. High step to something black)</li> </ul>	<p>To use different types of locomotion.</p> <p>To get body moving</p>
5-10 mins	<p>Show &amp; Try</p> <ul style="list-style-type: none"> <li>Name and show the equipment</li> <li>Show how to hold a bowl and have them try</li> <li>Show them how to step and roll then ask what happened to the bowl</li> <li>Explain how it turns towards the smaller button so aim to the side</li> <li>Everyone hold the bowl and then on the count of 3 try rolling their bowl. Repeat a few times</li> </ul>	<p>Teach the needed techniques</p> <p>Allow them to observe</p> <p>Trying the action, with corrections.</p> <p>Can also start just with tennis balls to get the motion.</p>
30 mins	<p>Stations (split into 3 groups and rotate switch after 10 min)</p> <ul style="list-style-type: none"> <li>Bean bag bowling Students line up on one side of your area. One student will throw the bean bag anywhere between them and the wall. All Students will roll their bowl towards the bean bag trying to get as close as possible. Students will retrieve their bowl and repeat with another student throwing the bean bag to a different area</li> <li>Hit the Centre (with tennis balls) Draw or tape a square on the ground, have students stand around it 3 steps away. Students try to roll their tennis ball into the centre area and have it stop in that area. Once all have been rolled we can count to see which color has the most in the centre area. Increase/decrease the challenge by moving closer/further to the square.</li> <li>Drills (there will be 2 drills here and they will take turns doing both) <ul style="list-style-type: none"> <li>Hit the target – roll on to the target mat</li> <li>Lawn Bowling – land closest to the jack</li> </ul> </li> </ul>	<p>Experience a variety of games each focusing on a different skill:</p> <ul style="list-style-type: none"> <li>* Bean bag – accuracy and line</li> <li>* Hit the Centre – weight control</li> <li>* Drills – using both line &amp; weight</li> </ul> <p>Rolling technique</p> <p>Learning from past bowl and making changes</p>
5 mins	<p>Cool Down – Spider</p> <ul style="list-style-type: none"> <li>Students will stand around the edge of the area with a jack or large ball placed in the middle. On the count of 3 everyone rolls their bowl/ball towards the jack. Repeat as many times as desired.</li> </ul>	<p>Cooling down with a less active game.</p>

## Appendix 5: Sample Emergency Action Plan

When working with a large group of youth its best to be prepared just in case anything happens. These are some recommendations:

Have two assignments:

### **In-Charge Person** (and two back-ups)

1. Conduct an initial assessment of the injury.
2. Designate someone to watch the other participants (stop all activities and ensure all participants are in a safe area if nobody is available to supervise).
3. Wait with the injured participant and help keep them calm until emergency medical services arrive and conduct their assessment of the injury.
4. Record the injury using their club's accident report form.

### **Call Person** (and two back-ups)

1. Call for emergency help.
2. Provide all necessary information to dispatch.
  - The facility location
  - The closest access door to the injured participant
  - The nature of the injury
  - A description of first aid that has been performed
  - Other medical information, such as allergies or medical conditions
3. Clear any traffic from the facility entrance or access road before the ambulance arrives.
4. Wait by the entrance to direct the ambulance.
5. Call the participant's emergency contact person.
6. Assist the charge person as needed.

Make sure you have the address and directions to your site handy for anyone calling for emergency help. Know where the nearest hospital is and its address.

Always have a system in place for recording any medical emergencies as minor as they may be happen.

If parents do not remain on site, you should have quick access to the parent or caregiver contact information and the Health Care # and medical profile of each youth participating in your program. Each club should discuss how to ensure the information would be available if something serious happened.

## Appendix 6: Evaluation form Sample Questions

Evaluation of a program is a valuable tool. Collecting thoughts from your participants (both youth and coaches) can be helpful in shaping the program the following year. Below are several questions that can be used on an evaluation form.

Which warm-up activities were your favorites?

Which skill drills were your favourites?

Were there any activities that you did not enjoy? If so, which ones and why.

Were the activities we did: \_\_\_ way too easy, \_\_\_ challenging \_\_\_ way too hard?

What is one thing you learned about bowling this season?

What is one thing that you would like to see changed in our program?

What is one of your bowling strengths?

What would you like to get better at?

Do you have a special memory you wish to share?

What was the most fun part of the program for you?

Will you plan to come back next year?

Would you consider bringing a friend?

## Appendix 7: Survivor Game Extras

Award the idols for touchers! Youth find this fun.

But only one idol per rink...player holds it to use to 'save' their bowl but if someone else gets a toucher they get to take away the idol and they get to use it...unless of course someone else steals it again.

The 'Idol' and 'Survivor Game award' should be printed on something fairly sturdy. For examples contact the Bowls Alberta office and we can send you some to begin with. One year we even added a magnet to the back of the Survivor Award Badge for youth to 'hang' in their lockers.

