

Solander Lake Bowls Club Inc.

Risk Management Strategies – Coaching of Beginners

(To be explained/demonstrated, and two copies given to , all learners at the beginning of the coaching course – one copy to be signed and returned to the coach.

Injuries are rare in Lawn Bowls but some precautions should be taken.

1. Firstly, Inform your coach of any conditions or injury you have which may be aggravated by playing bowls. This will allow your coach to modify his instruction if this is required.
2. Step on and off the Green sideways, if required. Your coach will demonstrate.
3. Leave bowls bags away from walking areas.
4. Avoid stepping backwards when on the Green - you may step on bowls or over the edge of the Green (the Plinth) and into the Ditch.
5. Bowls shoes when wet, or on a wet smooth surface, become very slippery. Take great care in these conditions.
- 6(a) Never lean on Boundary Pegs for support. They may be weak and give way.
(b) Ladies must avoid catching their dress or skirt on these pegs when stepping on or off the Green.
7. Avoid bowls running at high speed, from your own Rink or from an adjacent Rink.
8. Bowl Lifters should be out of the way on the Bank when not in use.
9. Take precautions from sunburn and excessive heat. Wear a hat, sunglasses, use sunscreen and drink plenty of water.
10. Wash your hands after bowling, especially do so if chemicals have recently been used on the green. Seek medical advice if you suffer from allergies which may be affected by chemicals used on the greens.
11. *In some instances a coach may find it helpful to correct a learner's grip of the bowl, or to align the learner to the aiming line by making some light physical touch to the learner's fingers or shoulders. Should this be necessary, and only if it is necessary, the coach must seek and receive permission before any action is taken.*

I acknowledge having received a copy of this sheet. Name.....

Signature Date:

Level One Coach

THE BOWL - ITS CONSTRUCTION.

Bowls were once made from a wood, Lignum Vitae, but these days are always made of a compressed plastic material. They are solid, never weighted, and rely on their shape to produce a curved track when bowled. From the side they are perfectly round, but when viewed from the back or front, one can see that the shape is not symmetrical.

The running surface is curved, reaching a high point to one side, just off centre, and slopes down to the other side of the bowl. When a force is applied to roll the bowl, it will travel for a short time on the high point of the running surface, but when gravity and friction start to overcome this force it will tend to fall towards the sloped surface, a curved track is the result. This is called the Bias of a bowl and the bias side of a bowl is always marked with a small engraved ring, the other side has a much larger ring. When bowling, the small ring must always be facing towards the inside of the rink. Otherwise the bowl will turn on to the adjoining rink - the embarrassing "wrong bias".

While each bowl in a set has an identical bias, bowl manufacturers produce different styles that will have different bias. Older bowls tend to produce a wide curve that need to take a lot of green. Newer models can be obtained that need less green, producing a narrower curve, the "narrow bias bowl". However all must comply with the rule that insists on a minimum bias.

Every set of bowls has an engraved design on each side, inside the rings, to enable identification of each players' bowls.

MOVING BOWLS ON THE GREEN.

When a single bowl has to be moved from the green, such as a dead bowl, it should be lifted from the green and placed on the bank, never kicked or thrown. However when an end has been decided it is often necessary to move the bowls so they are behind where the mat has been placed, and while this is commonly called kicking bowls, it is far from it. Bowls are moved on the green by using the sole of ones shoe, and giving them a push, or if you are facing the other way, a backwards push.

If you try to kick a bowl with the toe or side of your shoe you could possibly miss and damage the green. Also it is found that if you kick a bowl you transfer shoe cleaner on to the bowl, and if you happen to be wearing white shoes, the result will look just like a mark on a "toucher", but it is a lot harder to remove and can hold up play while doing so.

(4)

RINKS.

Each Green is divided into Rinks, usually seven or eight and is the area on which the games are played between the teams. Each rink is identified with a number, usually placed on a box in the centre of the rink. The number identifies the rink to which you and your team have been allocated to play, and the Box also doubles as an ashtray and container for the Jack Marker.

Rinks are between 4.3m and 5.8 m wide. The boundary of each rink is indicated by a white or yellow marker placed on the bank just behind the ditch. The actual side boundary of the rink is an imaginary line drawn from the outside of one boundary marker to the outside of the other boundary marker. If a Jack or Bowl is wholly outside the boundary after it comes to rest after play, it is considered dead, and is removed from play.

The Plynth or the closest edge of the ditch, is also considered to be a boundary of the rink. A Jack rolled by the Leads, or a Bowl which does not touch the Jack and which enters the ditch, is considered to have passed outside the boundary of the rink, and is considered dead.

However if the Jack is hit by a Bowl and ends up in the ditch, or a Bowl which has touched the Jack after being played, also ends up in the ditch, both are considered to still be in play. The bowl is considered to be a Toucher, and if closer than an opponents bowl, will be considered in the count.

Wear on the green is always a consideration of the Greens Director and his Green keeper. Too much play in the one area will quickly result in bare spots, so the direction of play is regularly changed from one side of the square to the other. (Playing East-West one day, and North-South the next). Also rinks may be moved backwards and forwards along the width of the green. The greenkeeper has marks on the bank that enables him to move the rinks sideways and avoid playing the the same area too often.

A Green represents a valuable investment by the Club and every member should treat it with respect and ensure that they, and others, do not damage it or cause unnecessary wear.

THE SEQUENCE OF PHYSICAL MOVEMENT FOR A DRAW SHOT DELIVERY.

- Stand behind mat.
- If right-handed place right foot (anchor foot) on centre line with toe approx 10 cm from front of mat.
- Keep heel stable and pivot toe to required aiming line.
- Bring left foot up as close as possible to right foot.



- Transfer bowl from non-bowling hand to the bowling hand.
- Check bias and centre finger is running down centre of running surface of bowl.
- Fix in mind length of jack.
- Focus eyes on aiming line.
- Shoulders square to aiming line.
- Slightly bend knees so that upper body weight is above toes.
- Deliver with a normal walking step.
- Stay down for approx 3 seconds (follow through) watching bowl in progress.
- Step forward and watch bowl finish its run.
- Retire to the rear of the mat.



Solander Lake Bowls Club Inc.

Beginners' Guide to that first game (triples).

1. Arrive at the clubhouse 30 mins. before starting time. Pay your green fees for the day and join other bowlers who have gathered. *(Your coach will usually be there and will be looking out for you)* The President will open the proceedings and ask the Games Selector to read out the Cards *(score cards with names on them)*. Listen for your name being called on a Rink number and when all have been called proceed to your Rink where you will meet the other players in your team and also the opposition team members. This is the procedure for Club Selected (C.S.) games *(which is normally the game you will start on)*.
2. Lay out the required number of bowls for the game (three for Triples, or two for Fours) on the edge of your rink and place your bowls bag below the seat.
3. The Skips will toss a coin and if your Skip wins the toss you, as Lead, will lay the Mat and roll the Jack. *(The Skip will usually allow you to do this without being specific about the length of the roll)* You will then play your first bowl on the Hand you prefer *(observe where your bowl finishes in order that you know what to correct with your next bowl)* and your opponent then plays a first bowl – continue playing alternately until each Lead has played three bowls. Retire to the Bank and wipe the sweat off your brow. Observe the play of the Seconds who now play their three bowls each.
4. If your opposition Skip has won the toss then you hand the Mat and Jack to your opposing Lead and have your opposing Lead's bowl ready to hand to him/her after he/she has rolled the Jack. You will play after your opponent plays the first bowl, and so on alternately.
5. When the Seconds have played their three bowls each, both Leads and both Seconds proceed to the other end of the Rink. The Leads go directly to the far Bank and observe the Skips play. The Seconds stay on the Green behind the Head to act as Directors while the Skips play their bowls. This completes an End of play.
6. The Lead of the Team who wins the End of play, (scores a shot or shots) will lift the Mat from the Bank and place it, then assist in kicking back bowls to about a metre behind the Mat. The Seconds will have indicated the score to the Skips who will mark their Cards and alter the Score Board *(every second End)*. Then End number 2 begins as described above and so on.
7. When a bell rings (usually at 2.30pm) the End of play in progress is then completed and the players retire to the clubhouse for afternoon tea. Help yourself to tea or coffee and go to the table with your Rink number on it, but it is etiquette to wait until the President is seated before sitting down at your table. The President will make any required announcements and players should be quiet during this.
8. After tea, play is resumed until 21 Ends are completed. Players shake hands all round – remove their bowls from the Green. Leads will gather both Mats and the Jack and return them to the proper place. It is common to offer to 'shout' at the bar for your opponent when you all retire to the clubhouse *(again to the same table)* When the President and Games Selector are speaking players should be quiet. Wait until the winners and runners-up are announced and applaud their efforts. The President will close the proceedings.
9. Go home and relax. You have started in a wonderful and enjoyable game and you will learn more about the tactics of the game as you gain experience, and enjoy the company each day. You will wonder why you did not start years ago. Most of us did!