

BOWLING SAFETY TIPS

- Before beginning any sport, talk with your medical doctor and your eye doctor. Some medical and eye conditions can be affected by bending, lifting, straining, or unusually rapid movement.
- Request the assistance of a sighted friend to help you align your approach for delivery and tell you which pins remain for the next throw.
- Guide rails can help with both your approach and delivery. These lightweight tubular metal rails are easy to assemble and can help guide you straight toward the pins.
- The guide rail is set up from the foul line back toward the seating area, on either the left or the right side of the alley, and ends at the foul line.
- Some alleys or bowling centers may have guide rails already in place or available for loan.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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keep you in the
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