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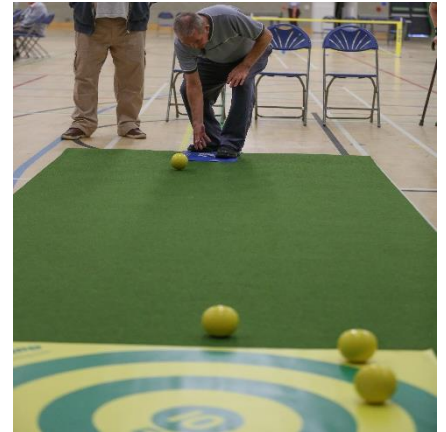
Bowls Guide

How to Play

Bowls is a game that can be adapted to suit the needs of those with physical disabilities and restricted mobility. Traditionally it is played with a white jack, but we have found that for engaging a group of participants it is better playing with a numbered target, although both formats work well.



As the bowls (known as woods) have a bias, they don't roll in a straight line, as one side is weighted more than the other. This means participants will need to aim slightly towards one side rather than down the middle. The grip taken on the wood is crucial otherwise it'll just bobble once released – lay the palm of your hand out flat and place the wood over the middle of it with the double circle facing outward and the single circle facing inward. The bigger circle always needs to be on the outside so taking this grip mean you need to bowl a



'forehand' shot, which means you need to aim it slightly to the outer edge of the target. If you hold it so the double circle is facing inward you'll need to bowl a 'backhand' shot, which means you need to aim it slightly to the opposite side of the target. Participants can chose whether they want to play a forehand or backhand shot depending on what option is better at the time.

Each participant takes a turn at a time. One go consists of rolling 4 woods of the same colour. The total score is added up from any scoring woods and written on the score board so the group can see who has scored what.

After each person has had a go, the one with the highest score wins.

Scores are reset to zero after every round to give everyone a chance of winning a game.

Alternatively, you can play with the traditional method, with the white jack. This is when 2 participants go head to head, one with colour A and one with colour B. They alternate turns to bowl with the aim of getting as close to the white jack as possible. After all woods have been thrown the winner is whoever is closest to the white jack.

Participants are allowed to knock their own and their opponents woods closer or out of the way.



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- Standing
- Bend both knees (not necessarily a full bend)
- One foot in front of the other
- (front foot opposite to hand that you are throwing from)

- Where balance is more of a prevalent issue the participant can hold on to something for support
- For example, a table, walking stick or the back of a chair (ensure chair is stable)

- Bowls can also be played while sitting for those who are unable to do bowl whilst standing
- We recommend that participants do it standing where possible to get the maximum health benefits but quite often people will begin from a seated position and progress to standing.
- This variation stills sees them leaning down towards the floor, with the player sitting towards the front of their seat.

Adaptations



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- Some participants may not have the ability to hold and/or throw a Boccia ball
- In this scenario a ramp is used to provide the power for a throw, and the instructor can provide the adequate support to the player, for example holding the ramp for them if necessary or placing the ball in the ramp for them.
- This is designed to offer maximum opportunity for the group to be as inclusive as possible.
- Using a bowls gatherer makes it a lot easier for participants to collect the woods themselves. Asking them to keep bending down and picking them up may prevent some from taking part
- Set the group up in a horse shoe style layout so each participant can see the person who is taking their go and can help add the scores up. This encourages social interaction with each other amongst those taking part. Those that don't wish to take part but would like to spectate, will still feel involved and engaged with the group.
- When working with people that have visual impairments, you can use your voice as a target and ask the player to aim their throw shot towards you (as seen opposite in a game of Boccia). You can then describe the level of power required, and any adjustments that may need to be made for their next shot. Be sure to try and describe the activity in as much detail as possible, and support people with feeling all of the equipment before the activity starts.

