

ARCHERY RANGE SAFETY RULES

- Check your equipment for any faults or damage
- Wear firm fitting clothing while shooting, and wear footwear with enclosed toes
- Remove all jewelry and tie back long hair
- Wear the appropriate finger and arm protectors
- Obey the all instructions given by the 'range official and director of shooting' and Active Life Ministry staff
- Treat other archers with respect
- DO NOT point a loaded bow at any person (drawn or not drawn)
- DO NOT dry fire a bow (shoot without an arrow, this could damage the bow)
- DO NOT draw and shoot an arrow while people are in front of the shooting line
- DO NOT run with arrows in your hand
- DO NOT interfere with other archers or their equipment
- DO NOT turn your bow horizontal on the shooting line

ARCHERY WHISTLE COMMANDS

- 2 Whistles – move forwards and get your bow, then stand on the shooting line
- 1 Whistle – you may nock arrows and shoot, once all arrows are shoot step back from the shooting line and stow your bow, then wait for further instructions
- 3 Whistles – you may collect your arrows, NEVER run towards the target.
- 5 Whistles – Emergency: freeze and turn your attention to the 'range official and director of shooting'

ARCHERY BEGGINERS BASIC STEPS

Step 1 is Stance:

- Place your feet on the mat so that you straddle the shooting line and your feet are shoulder width apart. (like this)

Step 2 is Nocking the Arrow:

- Take an arrow from the quiver, ensuring the point is always toward the target
- Place the arrow onto the arrow rest (here)
- Rotate the arrow so that the index fletch (here) is on top (like this)
- Engage the arrow's nock onto the bow string so that the nock is under the nocking point (like this)

Step 3 is String Hand

- Place 3 fingers on the string below the arrow nocking point (like this)
- The string should be behind the first joint of your fingers (like this)

Step 4 is Bow Hand

- Grip the handle in a relaxed manner (like this)
- Do not lock the elbow, and beware of string strike on the arm (here)

Step 5 is Drawing the Bow

- Stand tall the string hand will pull towards your face (like this), don't lower your head towards your string hand (like this)
- When you draw your elbow will be up and at 90 degrees to your body (like this)
- When you draw the bow, the bow and hand, arrow and draw arm elbow should be in line with each other (like this)

Step 6 is Anchor

- The anchor is the term used to describe the position where the drawing hand makes contact with the face
- The index finger of the string hand should make contact with the corner of the mouth (like this)

Step 7 is Target Alignment

- Aiming is achieved by aligning the point of the arrow on a pre determined position for a given distance;
- A bit of practice is required to determine where the point of the arrow needs to be placed for a given distance

Step 8 is Releasing the Arrow

- The release is the most critical and the most important step in achieving good arrow flight
- Relax the fingers in the string hand and allow the weight of the bow to pull the string from your fingers (like this)

Step 9 is Follow Through

- The follow through occurs after the arrow has left the bow and is the bodies reaction to the release
- It is important to maintain focus by looking at the target until you hear the arrow strike the target (like this)

Step 10 is Relaxing

- After the arrow has hit the target, lower the bow arm and the drawing hand to the side
- This is the time to relax, to recover from the physical effort of the shot, to analyse the shot and to prepare to shoot the next arrow (like this)