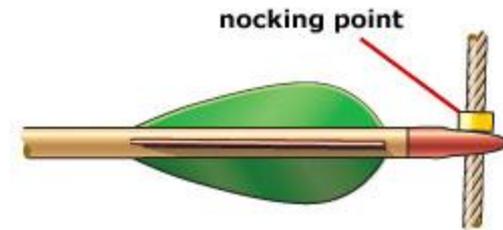


REDWOOD MIDDLE SCHOOL

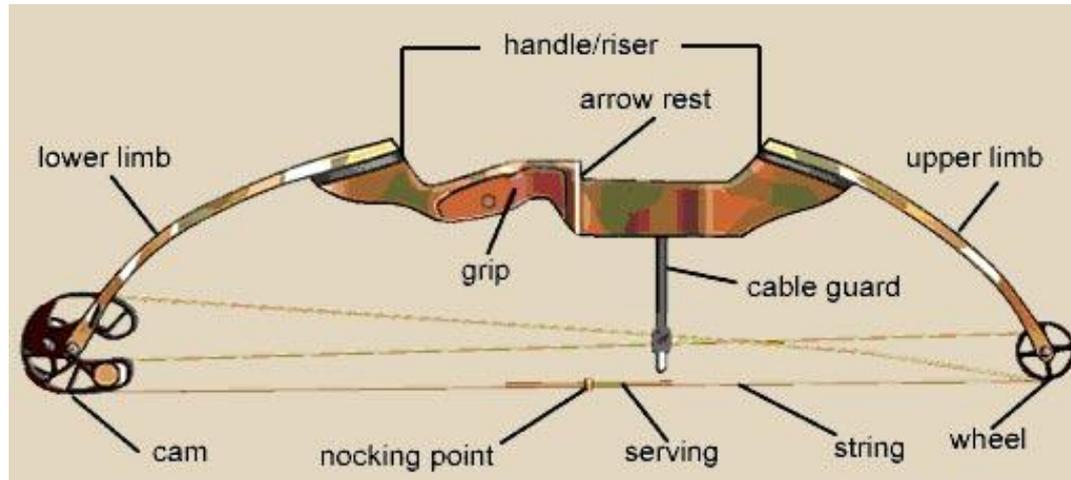
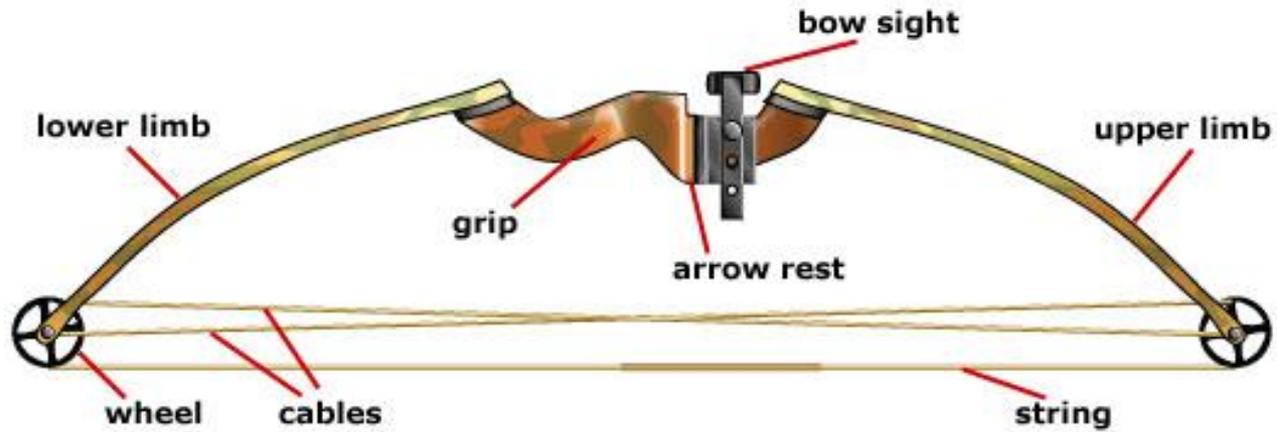
ARCHERY GUIDELINES



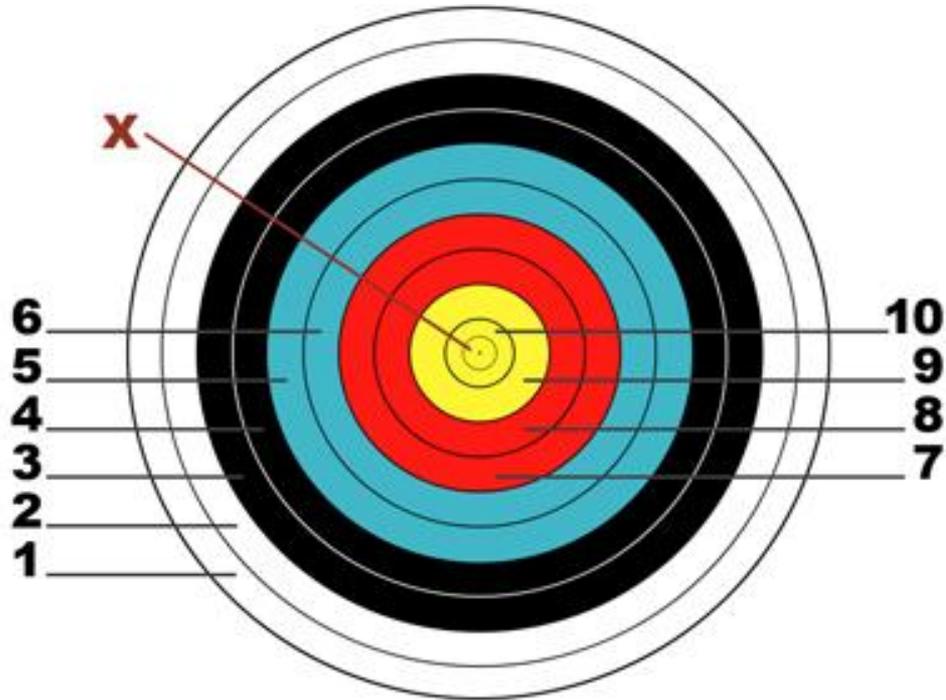
Equipment - Arrow



Equipment - Bow



Equipment - Target





Safety

1. A bow must not be loaded with an arrow unless standing on the "Shooting Line" and the signal to nock your arrow has been given.
2. A loaded bow must only be pointed at the assigned target. It must not be pointed at another person.
3. An arrow must not be shot straight up into the air. It can end up hitting another person. Shoot only at your designated target.
4. Archery equipment must be used in places that are especially set up for target practice-such as indoor and outdoor target ranges. Targets should be set up to insure that no one can be accidentally hit by a stray arrow.
5. A cracked or bent arrow must never be shot. Also check the fletchings to make sure they are intact.

Safety 2

1. A person must never stand in the shooting lane forward of an archer about to shoot.
2. While someone else is shooting other's eyes and minds should be kept alert for possible danger.
3. If one has doubts of any nature, one must not shoot.
4. When each student has finished shooting their arrows, they should stand back from the shooting line so the instructor or teacher can clearly see that they have finished.
5. One must always keep to the marked path from each target to the next shooting stand.

Safety 3

1. Only when everyone has finished shooting should the signal to move forward to collect the arrows be given. Do not step forward until instructed.
2. If an arrow or part of equipment is dropped in front of the shooting line while shooting is in progress, it can only be picked up after shooting has stopped.
3. Walk forward to collect the arrows, never run.
4. Always walk up to the side of the target butt, so as to not to accidentally walk into the rear of the arrows lodged in the target.
5. One person at a time should withdraw their arrows from the target.

Safety 4

1. When withdrawing arrows from the target, make sure no-one is standing in front of the target or in the way of the withdrawn arrows. Withdrawing the arrows may require some force and the arrows may come out suddenly from the target butt and the rear end of the arrow could hit someone standing in front of the target.
2. Everyone shooting should help to find any arrows that may have missed the target.
3. When carrying arrows, always hold them to the side and never run.
4. Everyone must return to the shooting line and the range checked to make sure no-one is behind the target or in the safety zone before the signal to commence shooting is given.
5. If any person or animal (i.e. dog) enters the safety zone while shooting is in progress, the emergency signal must be given (3 or more blasts of a whistle) and all shooting must stop immediately. Even if the bow is held at full draw and the signal is given, the arrow must not be released. The bow should be pointed at the ground and the bowstring let slowly forward. The arrow should be removed from the bow until the range is clear.

Safety 5

1. The instructor or teacher must keep a close watch not only on the students, but also on the archery range to ensure it remains clear of people. (In archery competitions, it is usual for one person to have the job of range safety. This person has the title of 'Field Captain' and controls the shooting on the range. They enforce the safety rules and can order an archer to comply with the safety rules or leave the archery range)
2. Proper clothing
 1. Avoid baggy clothes, long or loose sleeves,
 2. No jewelry
 3. Long hair needs to be put up.
 4. Wear shoes
 5. Wear an arm guard to protect against bruises.
3. Keep nocked arrow pointed towards ground until instructed to pre-draw.
4. Do not try to pull an arrow that slips off the rest back onto the rest when you've pulled your bow to a full draw.
5. Don't try to hold the arrow to the bow with your bow hand.



Safety 6

1. Don't crowd archers at the shooting line.
2. Don't shoot towards a target other than your own.
3. Don't shoot at a target supported by a hard, solid object.
4. Do not dry shoot your bow.

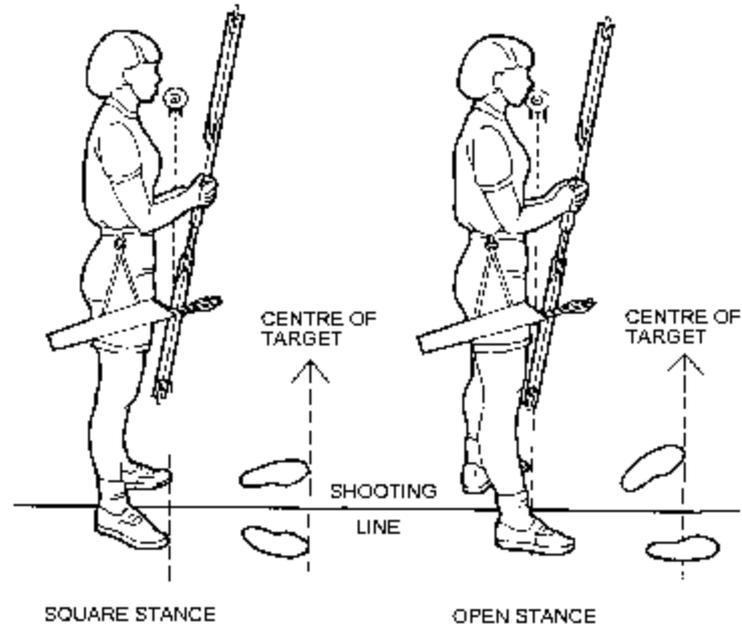
Process of Shooting

- Take your stance
- Nock your arrow
- Set your bow hand on the grip
- Make eye contact with the target
- Raise your bow arm toward the target
- Draw the bow using proper T-form
- Anchor the bowstring
- Concentrate and aim for the center of the target
- Release bow string
- Follow through until the arrow hits the target

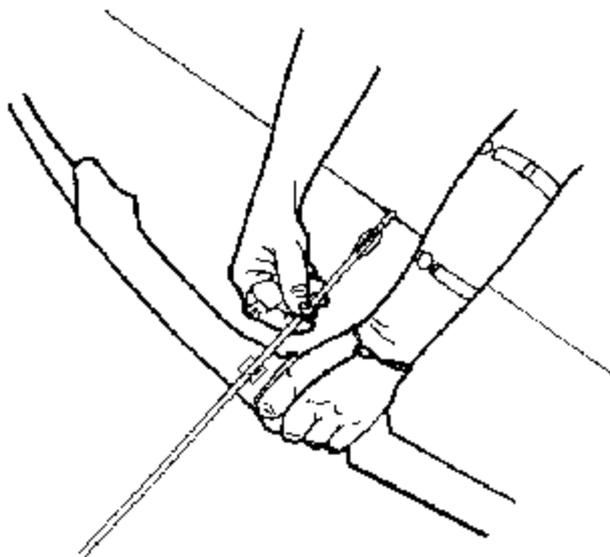


STANCE

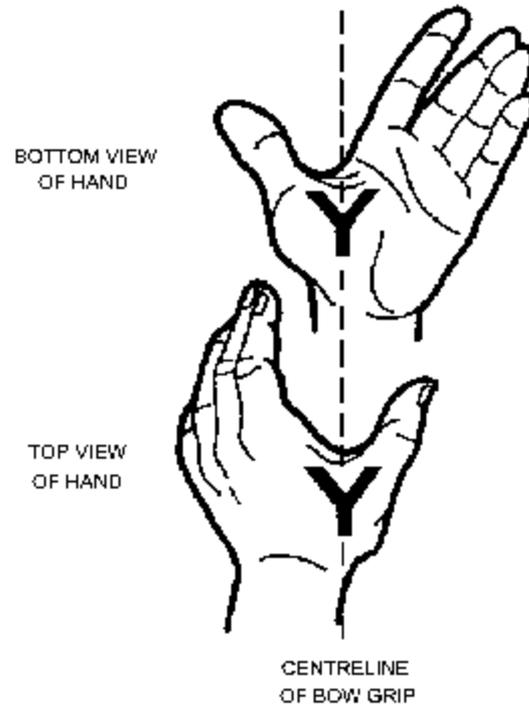
- REGULAR / SQUARE
- OPEN



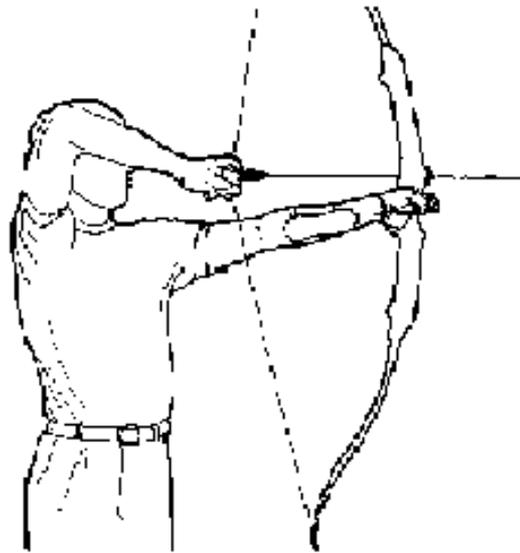
Nock the Arrow



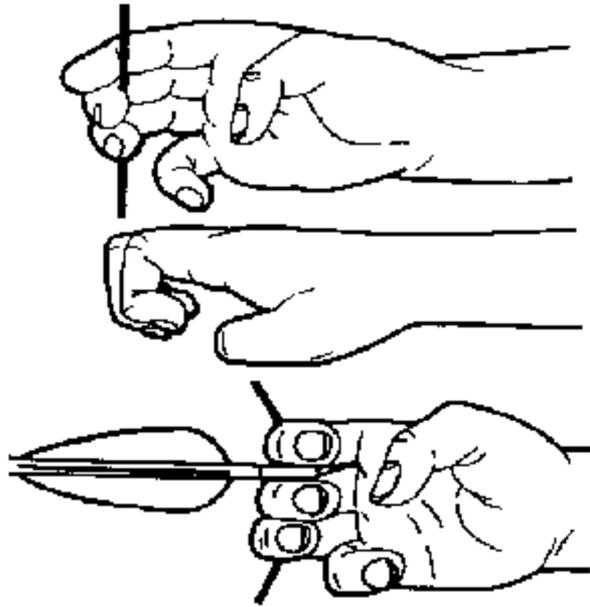
Bow Grip



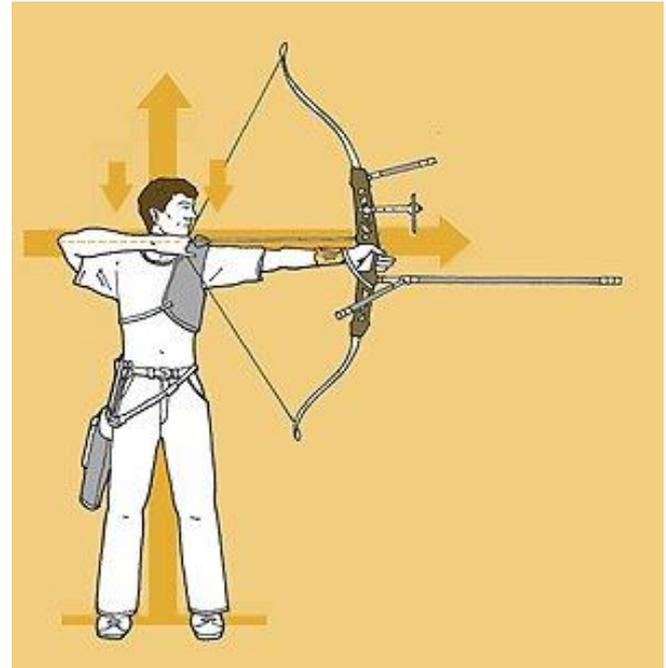
Raise bow arm



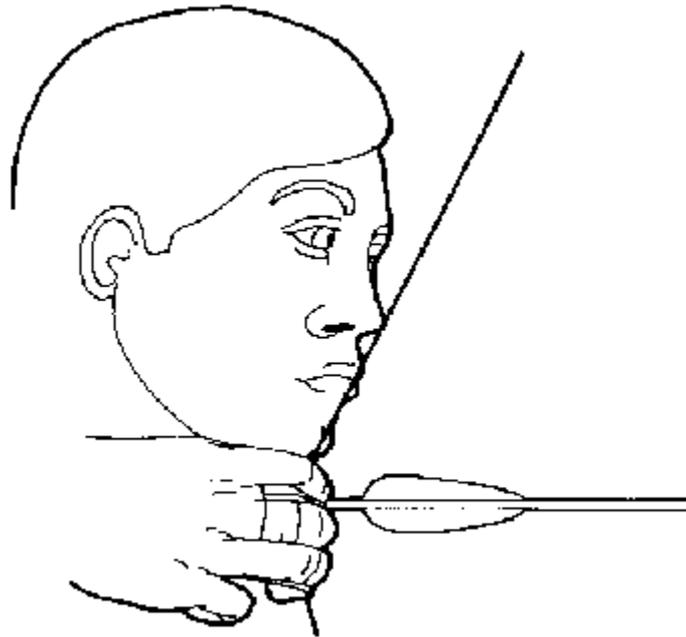
Draw



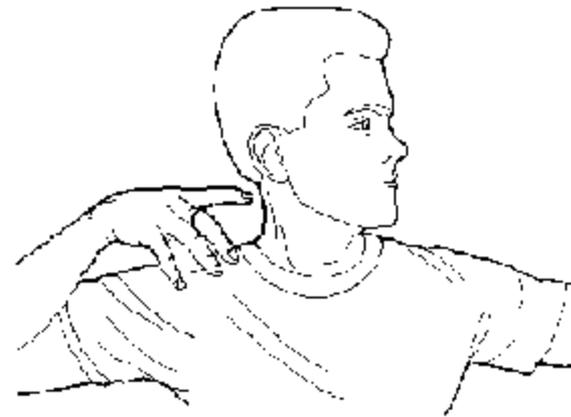
(FINGER TAB NOT SHOWN)



Anchor



Release & Follow Through



Command Sequence

- Follow the command of the Field Captain
- Two whistles = approach shooting line.
- One whistle = shooting process begins
- “Knock your arrow”
- “Raise bow arm” (pre-draw phase)
- “Draw”
- “Release”
- Three Whistles = shooting round is complete,
NO MORE SHOOTING.
- “Bows down, archers may retrieve their arrows.”



Arrow Retrieval



1. Step back from the shooting line when you finish shooting.
2. Wait for your instructor's permission before you walk to the target.
3. Never run to your target. WALK ONLY.
4. Pick up arrows that have stuck in the ground as you walk to your target.
5. Stand to the side of the target when pulling arrows.
6. When retrieving an arrow, place one hand flat on the target and the other hand on the arrow shaft as close to the target as possible.
7. When pulling the arrows from the target, twist them to prevent damaging.
8. If the fletching is buried, cautiously pull the arrow through the target.
9. Make sure no one is standing behind you when you pull arrows from the target.