

RULES OF SAFETY

The ***Rules of Safety*** are designed to ensure your safety and that of others so that all are free to enjoy the sport without injury. It is essential these rules are respected by all archers of all ages.

- Always attend archery sessions dressed appropriately. Wear close fitting clothing, secure jewellery so that it cannot get caught up in equipment. Make sure you hair is tied back.
- Anyone not shooting **must** stay behind the waiting line
- The only people allowed on the Shooting Line are archers preparing to shoot and coaches teaching
- Do not 'nock' an arrow until the command for shooting has been given
- Never 'nock' an arrow unless in position on the shooting line
- Arrows must never be pointed anywhere except at a target.
- Never shoot a bow without an arrow in it. Always come down gently and under control
- If you hear '**fast**' stop shooting immediately; 'come down' and replace your arrow in your quiver
- **N.B. Anyone can call 'fast' if they see a danger on the range**
- When you have finished shooting retire behind the waiting line without disturbing others
- Do not cross the shooting line to retrieve arrows until the line captain or coach has given the signal
- Always walk **never run** on the archery range
- Approach the target with caution looking for any short fallen arrows.
- Always approach the target from the side.
- When pulling arrows remember that an arrow is 'pointed at both ends' – make sure no one is in the line of the arrows as you pull them out
- Replace retrieved arrows in your quiver or carry them in the manner shown by your coach – point down with fletchings under your arm



BEGINNERS COURSE

Welcome to Ascham Bowmen Beginners Course

During the course you will be taught the basics of how to take part in the sport of archery on a target range. You will be taught how to shoot a bow safely using the basic equipment and how to set out range equipment.

We hope you will enjoy your sessions . If at the end of the course you want to know about how to continue with the sport please do not hesitate to ask the coaches or other members of the club.

*This leaflet includes the **RULES OF SAFETY** for archery. These will be explained to you by your coach on the first day of the course but it is important that you read, understand and abide by these rules.*

Your safety and the safety of others is our first consideration. Failure to abide by the Rules of Shooting may lead to expulsion from the course and the club premises.

If you are unsure of anything you are asked to do please ask your coach.

Coaches: Clare Felgate, Chris Perry, Robin Hamilton-Farey

Session One

- Safety rules. Understanding the layout, procedures for shooting and behaviour on the archery range including whistles and verbal commands
- Allocation of equipment for the course. ***Please remember your Bow number and arrows as you will be using the same equipment for most of the Course.***
- Preparing to shoot - 'warm ups' and 'warm downs'
- Demonstration of how to shoot, including, stance, bow arm, draw arm and release technique.
- How to use a wrist/ finger sling
- First shooting session with a recurve bow. (10YDS)

Session Two

- Stringing a bow
- Refinement of basic procedures - stance
- Use of score sheets
- An introduction to bow types – Longbow, Recurve & Compound
- Second shooting session (15 YDS)
- How to adjust sights/ sightmarkers

Session Three

- Refinement of recurve technique – bow hand and release
- Introduction to archery rounds and tournament procedures
- Shooting a '252 Round'

Session Four

- Refinement of technique
- How to fully assemble and 'take down' a recurve bow
- Shooting at different distances
- Shooting a '252 Round'

Session five

- How to assemble/ disassemble large equipment & lay out a range
- Refinement of technique
- Shooting a '252 Round'

Session Six

- In this last session the group will layout the range
- Refinement of technique
- Choosing archery equipment
- Information on the GNAS and continuing in the sport
- Presentation of certificates