

Archery

Instruction sheet



Guidelines for Taking an Archery Session:

Loading the Arrows

- Ensure the arrows and bows at all times are pointing away from the waiting bench and from any person.
- Place the arrow on the rest with the nock (end) secured into the strings below the gold bead. Always make sure the different coloured vane is facing outwards, at a right angle to the bow.

Shooting

- Stand with your body at a right angle to the target, with your left shoulder closest to the target (reverse if left-handed).
- Stand up straight with your feet shoulder-width apart.
- Hold the bows hand-grip with your left hand and place 3 fingertips of your right hand on the string around the nock, ensure your fingers don't touch the arrow.
- Pull the string back towards you, keeping your right arm level with your shoulders. Bring the nock back as far as your ear. Ensure that your left arm is slightly bent to avoid the string grazing it.
- Take aim for two seconds while breathing in, and release the arrow while breathing out.

Collecting Arrows

- Either adults or participants deemed responsible are allowed to collect the arrows. The bows must not be touched while collecting arrows.
- Grab the arrow as close to tip as possible to prevent it bending or snapping, then place your other hand on the target for support and tug firmly until it comes out.
- Walk back with the arrow tips pointing towards the ground for safety.

Important notes

- Only two participants may shoot at one time.
- It is very important that the remainder of the group stay behind
- It is recommended that you rotate the participants by letting two shoot 6 arrows each. Then collect the arrows and give the next pair their turn and so on until they have all had an equal amount of turns.
- Never pull back the string and release without an arrow.
- Never point the bow anywhere other than the targets.