

# Archery



## **Safety Statement:**

Karakariki Christian Camp takes all practical steps to keep all participants safe and require activity supervisors to consistently be wary of and manage potential hazards and risks that may arise during this activity. If the supervisor feels it necessary to stop the activity for any given reason they must do so promptly, thoroughly and contact camp staff A.S.A.P.

## **Activity overview:**

KCC Archery takes place in the purpose built range located in the back shed near the sports fields. No special qualification is required to run this activity apart from a brief training session provided by KCC Staff. As it is an indoor/ outdoor range it is still able to run, rain or shine.

## **Prerequisites of Activity Instructor:**

Before a leader is to run this activity they must have the following prerequisites:

- Be over 18 years of age (or competent/ experienced 16+ years)
- Show evidence of leading and supervising skills

## **Induction:**

Once adequate leaders have been accepted, as set out with the prerequisites, KCC staff must induct them into the site and the SOP. This induction must include the following:

- Shown where the equipment is kept
- Being shown how to correctly fire a bow
- Being shown how to correctly retrieve an arrow
- Staff to go over brief with instructions and photos for the leaders' reference.
- Leaders are made aware of how to get help if a problem occurs.

## **Running procedure:**

### **Setup:**

- Retrieve bow and arrows from Activity Equipment Area (back shed)
- Ensure a laminated copy of the rules and procedures is at activity site.

### **Before Activity:**

- Archery bows and arrow bucket to be collected from Activity Equipment Area
- Explain the safety rules and how to use the bow and arrows correctly
- Give a demonstration of loading shooting and retrieving and arrow correctly. Include the tips below.

## **Instruction Given:**

### SAFETY RULES

1. No person is to stand in front of those with a Bow
2. Every person must be behind the marker used as the firing line when firing is in progress and people not firing should be several paces further back.
3. Only draw at and fire at the target provided. Do not shoot arrow over screen or straight up
4. Commence firing only when told to by supervisor in charge.
5. **Do not dry fire:** This means don't fire the bow without an arrow.
6. Collect arrows only when told to by supervisor in charge and after all arrows have been fired and bows have been put down.



7. Arrows are to be placed in the arrow rest and knocked on the string, with the **odd coloured** flight (or flight that is at the right angle to the string), positioned away from bow so that it does not contact the bow when fired.
8. Arrows are drawn in the middle of the bow using the first three fingers (one above and two below the arrow). The tips of the fingers are used.

### **During The Session**

- At no time should you leave the equipment unattended
- Make sure safety rope is across doorway to archery area while shooting
- Make sure the backdrop is clear and safe
- The person running the activity is responsible for giving the command "Commence Firing" when all is clear.
- Bows and arrows are to be locked away when not in use.

### **Pack up:**

- Return all equipment at day's end (or break) to the archery cabinet in the storage shed
- Report any breakages or equipment failures to staff

### **Emergency Procedures:**

- Minor injury**
  - Administer first aid
  - Assess whether activity can continue
- Suspected major injury:**
  - Administer first aid
  - Stop the activity
  - Contact group organiser and camp staff for extra assistance or to call an ambulance

### **Helpful Information and Tips:**

- Keep the elbow of your bow hand just slightly bent so the bowstring on release clears your forearm or use the arm guards.
- The arm drawing the string should be horizontal and the hand positioned under the jawbone.
- Knowing how high to aim is just experience but having a similar draw length each time speeds the learning process.
- When releasing the string, the same arm should move backwards away from the string - certainly not forward with the string.

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