

## KCC Activities Rules

# Archery

(1 Person)

### Key Supervision Rules

- No person is to stand in front of those with a Bow
- 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 and the command "Collect Arrows" when all arrows have been fired.
- Arrows are to be placed in the arrow rest and knocked on the string, with the odd coloured flight, positioned away from bow so that it does not contact the bow when fired.
- Arrows are drawn in the bow using the finger grips and the first three fingers (one above and two below the arrow). The tips of the fingers are used.
- Give a demonstration of loading shooting and retrieving and arrow correctly. Include the tips below.

### Key Safety Points

- 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.
- Only draw at and fire at the Hay target provided. Do not shoot arrow over screen or straight up
- Commence firing **only when told to by supervisor in charge.**
- **Do not dry fire** This means don't fire the bow without an arrow.
- Collect arrows **only when told to by supervisor in charge** and **after all arrows have been fired.**
- **At no time should you leave the equipment unattended**

### Tips

- Keep the elbow of your bow hand just slightly bent so the bow string on release, clears your forearm or use the arm guards.
- The arm drawing the string should be horizontal and the hand positioned under the jaw bone.
- 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.