

## **Archery Safety**

Like any sport, it is important to stay safe while engaged in archery. It is very important to remember that a bow is a lethal weapon and should not be loaded unless you are ready to shoot. Many accidents occur when equipment is not properly taken care of, or when an inexperienced archer simply makes a mistake. Here are some steps that you should remember to keep you and the people around you safe from any harm.

### **Personal Tackle**

One very important thing to take care of is your personal tackle. Always keep it in good shape and treat it with respect. Make sure to keep the arrows under control and NEVER lose safety standards, EVER. Here are some key points to remember:

1. Keep a wooden bow waxed and dry.
2. Inspect the ends of the limbs for good condition and for moisture.
3. Use a clear fingernail polish to seal up any nicks. Hold the limbs
4. off the ground to avoid nicks and moisture.
5. Examine the bowstring regularly, making sure that it is waxed and
6. not damaged. Make sure you know how to re-serve a center serving,
7. as well as, how to fix the loops when it's possible.
8. See if the nocking point is in the correct position and know how
9. to place and replace a nocking indicator.
10. Check the arrow nocks and points condition regularly. Know how to
11. fix nocks and points, or, how to make a quick field repair.
12. Make sure the arrow shafts are straight. If an arrow is crooked,
13. put it aside and fix it later with an arrow straightener.
14. If you have wooden arrows, inspect for cracks. If there are cracks
15. and the arrow is long enough, cut off that portion of the arrow
16. and put on the point so other archers with smaller draw lengths
17. can use them.
18. Make sure all leather and vinyl accessories i.e. finger tabs, arm
19. guards, etc, are up to field competition standards

### **Field and Field Equipment**

On the field, make sure grass is mowed so it is easier to find missed arrows. Fill in holes and remove any litter found on the field which may pose a threat to the archers. Markers and lines should be close to the ground, well defined, and fixed to stay there. Make sure that the target stands are in good condition. Frequent arrow hits can seriously weaken the wooden legs. If target butts become too soft to stop arrows, replace them. Frequent pass-through effect arrow control and the safety. Use a distinct number of blasts from a loud whistle. If using word commands, be sure to pronounce each word clearly so no one can get confused.

### **Teach Proper Shooting Techniques**

A common danger in archery is the arm slap. The main reason beginners and other archer's arms are hit by their bow string is because they have a flaw in their technique. Go here to learn

how to fix that. If an arrow falls off the bow and lands just in front of or behind the shooting line, or perhaps is shot a few feet away, **BE CAREFUL WHEN GETTING THE ARROW**. To properly retrieve it, keep both feet firmly planted at the shooting line and reach for the arrow using your bow limbs. If the arrow cannot be retrieved by this method, do not try to step out any further because that arrow is considered to be "shot". When looking for arrows that missed the target, make sure to keep your eyes directly in front of you, so that, you don't crush or get stabbed by yours or someone else's arrow. Do not lower your guard when pulling out arrows from the target. They are just as dangerous as arrows in flight. To pull out an arrow, place one hand on the target and the other on the shaft. Pull with a twisting motion. You may want to use an arrow puller to keep arrows straight. The arrow may come out suddenly right back at you so brace yourself. Make sure your face is not directly behind the arrow when pulling it out so as not to pose a risk to your eyes. Wear a chest protector to reduce the chances that the bow string will snag your shirt and hit you.

### **Safety Tips for Instructors**

Watch out for animals or other people who may stray onto the shooting range. Do not allow any form of horse-play while handling and using the archery tackle. Make sure to spread out archers to reduce the odds of them hitting each other with their arms or bows. Placement of targets is suggested to be about four to six yards apart from one another. This provides archers enough room to shoot. Make sure everyone is behind the line when the signal to shoot is given. Never, ever, reach through a drawn bow to show something to a student or to help keep the arrow on the rest itself. If an archer's bow arm is hit by the string, use an ice bag or some cold water to reduce bruising and swelling. Beginning archers should wear long armguards. Encourage all shooters to speak up if they feel any type of pain or discomfort at any time.