



Beginners' Booklet



Beginners' Course Outline

Session 1 (Double session)

- Welcome
- Safety rules
- Issue equipment
- Warm up
- Demonstration and shooting session, which includes
 - Body stance on shooting line – T shape
 - Finger position and placement/anchor point
 - Use of sights
- Safe collection of arrows
- Names of bow parts and arrows
- De-string bow/taking down bow
- Feedback and cool down

Session 2 (Double session)

- Range set up
- Collect equipment
- Stringing bow
- Rules of etiquette
- Recap of safety rules
- Recap of shooting process
- Warm up
- Shooting session
- Types of bows
- Types of archery
- Spot the mistakes
- Scoring
- Range clearance
- Cool down

Session 3 (Double session – shooting with club members)

- Warm up
- Application of learning
- Information about joining the club
- FITA awards, competitions and continued learning
- Cool down
- Questions



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SAFETY GUIDELINES – TARGET ARCHERY

These rules interpret or supplement the Archery GB rules and are intended to help Club archers to shoot safely without interfering with the shooting of other archers. Refer to the Archery GB 'Rules of Shooting' (Club reference copy available at all times) for full safety and etiquette rules.

- a) Any person not actually shooting must stay behind the Waiting Line, 5 yards behind the Shooting Line.
- b) Wait for the whistle before moving to the Shooting Line and nocking an arrow.
- c) Only nock an arrow when standing correctly at the Shooting Line – Arrow pointing towards the target.
- d) Never draw a Bow unless standing at the Shooting Line and the Bow is pointing towards the target.
- e) Should anyone or anything appear in the shooting area the word "**FAST**" must be shouted or a blast on the whistle will be given, in either case, **immediately** cease shooting, lower the Bow to point at the ground and slowly relax draw tension. Remove arrow and place in quiver. Await the order to recommence, a further whistle or the word "loose" is given.
- f) Any archer in doubt about an obstruction in the shooting area should shout "**FAST**" and consult the Field Captain.
- g) The archer, on completion of shooting, must move to the Waiting area behind the Waiting Line.
- h) **Do not move in front of the Shooting Line or walk towards the targets until everyone has finished shooting and the whistle is blown to indicate the shooting area is safe.**
- i) Only retrieve an arrow that falls/drops over the shooting line if it can be obtained without crossing the shooting line.
- j) Walk, never run towards the targets. Watch out for arrows that may have fallen short of the target. (break an arrow and the rules of etiquette apply)
- k) Do not run, wander about or talk loudly anywhere near the Shooting Line or even behind the Waiting Line, other archers may be shooting.
- l) If a Bow is drawn without an arrow nocked, always let the Bow down gently and under control.
- m) Try to wear suitable clothing. (tight fitting garments if possible, without pockets)
- n) Never touch another person's archery equipment without permission.
- o) Never handle, nock/draw equipment without checking it is safe to do so.
- p) There must be a minimum of two people present when shooting.
- q) When shooting outdoors at Brimfield Sports Club, **lost arrows must be reported.**
- r) The sport is only dangerous if safety rules are not followed, any archer must be self-disciplined to avoid the possibility accidents. Work to the whistle or command from the Field Captain. Obey all orders they are given for a reason.
- s) Pure carbon arrows will need to be able to be detected by a metal detector at the tip and knock end. **Confirm use** with the equipment officer before shooting.
- t) An arrow puller should always be used to pull carbon arrows and carbon-aluminum arrows.



Rules of etiquette

Archers

- Do not touch anyone else's equipment without permission.
- If through your own negligence you break another archer's arrow or equipment you will be expected to pay for it.
- Do not leave litter.
- Only occupy the shooting line whilst actually shooting.
- Do not talk in a loud voice whilst others are shooting.
- Do not make any exclamation on the shooting line which might be disconcerting to other archers.
- Do not leave the shooting line if the neighbouring archer facing you or behind you is at full draw.
- Do not walk up and down the shooting line comparing scores.
- Do not touch the arrows on the target until after the score is recorded.
- Do not look for arrows behind the target until all the arrows in the target have been scored.
- Always walk towards targets ensuring that you do not tread on arrows on the ground.