

### Commands:

- Ø **Single blast** of the whistle indicates shooting can commence.
- Ø **Two blasts** on the whistle indicates that all archers on the line have completed shooting and that it is safe to collect arrows;
- Ø **Three blasts** on the whistle signifies that the days shooting is finished.
- Ø A series of **rapid blasts** is to be taken to mean the same as the shouted command **“FAST”** explained in the next paragraph on verbal commands.
- Ø The whistle signals to start shooting and to collect arrows can be replaced by the verbal commands to “commence shooting” and “collect arrows”.

### Verbal commands:

- Ø **“Come Down”/“Stop Shooting”** - on hearing this— relax the tension on the bowstring without letting go of it. Then lower the bow so the arrow is pointing at the ground.
- Ø **“FAST”** - this is normally shouted when unsafe situations arise. It is of vital importance that whatever point of shooting you are at, you **MUST STOP IMMEDIATELY - DO NOT SHOOT.**

Follow the procedure for “Come Down”, when the tension has been relaxed and the bow lowered **THE ARROW MUST BE REMOVED FROM THE BOW AND REPLACED IN THE QUIVER.**



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## Archery SAFETY.

No matter what form of archery you participate in, it's important to remember that a bow if used carelessly can cause serious harm; and safety rules should be applied when shooting. Archery is a safe and enjoyable sport for all the family. However, bows used carelessly can cause serious harm. Bows are not toys. A straightforward, common sense approach to safety should be adopted by all. The following points are a guide, and not the only safety considerations to be aware of.

- Ø Never point a bow and arrow loaded or unloaded at another person. You should only point your bow at the target. It's not a toy; it can cause serious injury.
- Ø Don't shoot an arrow straight up into the air; you don't know where it's going to land. You could hit another person, or yourself.
- Ø Never shoot an arrow into the distance not knowing where it might land. It's possible you could hit someone if you do this.
- Ø Children must be supervised at all times. Even if they are not shooting, they should be supervised to make sure they don't stray into the path of an arrow.
- Ø Targets should be set up in such a way that no person can be hit by a stray arrow.
- Ø Check your arrows regularly for damage. If you find any that have defects break them.

- Ø Bowstrings also need to be checked regularly and if damaged, replaced.
- Ø The Bow should be checked for twisting or cracking. If it's damaged in any way don't use it.
- Ø Inexperienced archers should not shoot without supervision.
- Ø Always make sure the arrows you use are the correct length for your bow. If you are unsure; ask!
- Ø Don't draw the bowstring back, or release it if there is no arrow on it. This can result in damage to the bow.
- Ø No one should stand at the target end when shooting is taking place, not matter how far off to the side they might be.
- Ø If two or more archers are shooting they should stand side by side. Never stand in front of anyone who is shooting.
- Ø Before walking to the target to retrieve arrows, make sure everyone has finished shooting.
- Ø When pulling arrows from the target make sure nobody is standing behind you or they could get the rear end of an arrow in the eye or face.

- Ø Never draw the point of the arrow back inside the bow. If you do, the arrow can snap when released and pieces could stick in your arm.
- Ø Don't jerk the string back when you shoot as this can cause the arrow to be drawn back inside the bow.
- Ø Stop shooting if there is the slightest chance of anyone crossing in front of you or the target.
- Ø Never step forward of the shooting line.
- Ø Never run towards the target. Walk slowly looking for arrows that may have fallen short. If you step on one you could end up getting injured.

These are by no means the only safety aspects of archery that you need to be aware of to make this sport enjoyable and free from incident, but they will help in making you aware of the common-sense attitude to safety that needs to be adhered to when shooting.