# **Archery Team Building**

## **The Range Safety Measures**

With regards to DATeam's safety measures, we provide the following:

- A safety net to act as a backstop, this is strung up behind the archery targets and buttresses
- The two sides of the range are cordoned off with rope, red bunting and flags, creating a safety barrier
- The shooting line is demarcated by means of rope on the ground. One
  person from every team walks up to this mark, and shoots from there. A
  DATeam Facilitator mans this area, and once the delegates have shot
  and he calls 'Safe', the archer is now permitted to collect their arrows
  and tally their scores
- DATeam provides one gazebo per archery station, placed over the team's table in the waiting area (each team has their own waiting area).
   This is where the delegates view, encourage their team mates and wait their turn.
- There is one bow per team, ensuring no misfires from the waiting area
- DATeam supplies an arm guard per team, to protect and prevent injury from the impact of the bowstring during the release of arrow
- No alcoholic beverages or controlled substances may be consumed prior to or during the event
- It is recommended that all shooters wear shoes that fully cover the entire foot. Open-toed sandals or flip-flops are not allowed

#### The Team's responsibilities and safety measures

Check equipment for damage

DATeam does this as a matter of course; however it is always a worthwhile practice for any team to check the equipment they will be using i.e.

Bow strings for signs of fraying, does the string feel waxy to the touch?

Look for cracks or warped wood in the limbs or riser of your bow

On the arrows, feel the fletches to make sure they are attached

Make sure all screw-in points are screwed in tightly

Keep or remove any clothing and jewellery that may get in the string's way

# Safety measures for the Archer

- Is the range clear?
- · Keep your arrow aimed towards the ground as you nock it
- Never over-draw your recurve bow
- No matter how tempting this may be, please only point the arrows towards the target when they are nocked on the string
- Never dry fire the bow (pulling and releasing the string without an arrow seated, this will cause damage)
- Shoot ONLY once the Facilitators command has been given
- Wait until everyone finishes, and the DATeam Facilitator gives the clearance ('Range Safe') before going to the target

## When retrieving your arrows

- Approach the target slowly
- Record your score
- Ask permission before pulling someone else's arrows out
- When removing an arrow from the target, please ensure you remove it slowly, and turn it clockwise and remove it. (this will ensure the point which is often screwed in, will be automatically tightened while removing it)
- In the unlikely event you miss the target, be careful not to kick, step on or impale your foot on the arrow
- If you overshot the target and need to search for an arrow behind the target, please inform your Facilitator and participants