**Archery**

**Safety is the upmost concern. These are weapons that are used for recreation. They can be dangerous.**

* No talking- talking can distract the shooter and cause them to miss-fire
* Never wear loose clothing or jewelry
* Never point the bow/arrow at someone, lights /ceiling, ground
* Never dry fire (without an arrow), the energy must be transferred, the bow
* may shatter and splinter towards you
* No running with the bow or arrows
* Always hold the metal tip of the arrow towards the floor

**Terminology**

* Re-curve bows- tips that curve away from the archer when the bow is strung (type of bow we will be using).
* Nocking the arrow- attaching the arrow to the bow string
* Draw- Straighten arm holding the bow and point towards the target
* Fletchings- feathers on arrow
* Index feather- odd coloured feather
* Safety Line- Line that you do not pass until all shooters are done shooting.

Eye Dominance

* Left eye closed and object moves: Left eye dominant- Hold bow with the right arm and pull the string with the left
* Right eye closed and object moves: Right eye dominant- Hold bow with the left arm and pull the string with the right

**Stance**

* Straddle safety line
* Feet shoulder width apart
* Knees slightly bent
* Hips forward, good posture

**Grip**

* Thumb points towards the target
* Relaxed fingers
* Nocking the arrow
* Hold the arrow close to the nock behind the fletching
* Place the arrow shaft on the arrow rest
* Index Vane should be pointing away from the bow
* Snap the nock onto the bowstring
* Hook your index finger above the nock, middle and ring finger under nock

**Setup/Draw**

* Bow arm is shoulder height with elbow turned away from string
* Bowstring hand should be by your cheek beside your mouth
* Squeeze shoulder blades to pull back string
* Aim along the shaft of the arrow down the target line

**Release**

* Let go of the string by gently move fingers outwards
* Breath normal, hold breath while aiming and approximately 1 second after release

**Shooting**

* After shooting all 3 arrows place your bow on the ground
* Step back from the safety line until you hear the command "you may walk to retrieve your arrows"

**Retrieving**

* Never run to target or when returning
* Pull arrow by placing one hand on the target with thumb and index finger around arrow
* Twist and pull the arrow free with the other hand
* Place the arrows on the ground beside you until all of the arrows have been retrieved
* Return to the shooting area holding the arrow tips down
* Place the arrows on the ground for the next participant