

Archery Beginners Guide

Archery Safety

1. Always obey the COME DOWN and FAST commands.
2. Always obey the WHISTLE commands. 1 blast to start shooting and 2 blasts to collect your arrows.
3. Never loose a bow without an arrow as it damages the bow.
4. Only load an arrow into a bow on the shooting line and only when it is safe to do so.
5. Only aim a bow at the target or ground with or without an arrow in the bow.
6. Never point a bow at anyone or anything else.
7. Never shoot an arrow vertically upwards into the air. What goes up must come down! Such an action could seriously maim or injure, as it is impossible to see the return arrow flight.
8. Watch out for arrows that have missed the target and are in front of the target when collecting arrows.
9. Stand clear of the target when arrows are being withdrawn.

Archery Etiquette

Etiquette is purely a matter of good manners and behaviour towards fellow archers. Points to remember are:

1. Not touching another archer's equipment without permission.
2. If an archer damages another's equipment, even by accident, that archer should offer to pay for it on the spot without being asked. This includes arrows, but not arrows damaged by another arrow.
3. Wait until all arrows are scored (recorded) before going and picking up arrows behind the target.
4. Not talking or making loud distracting noises behind the line whilst others are still shooting.
5. Not disturbing in any way other archers whilst shooting.
6. When joining or leaving the shooting line standing clear and waiting if other archers are at full draw.
7. Keeping spare equipment handy and not bowing from others.
8. Not offering advice to another archer unless asked.
9. Thanking the Target Captain for keeping a check on scores and other target companions for a pleasant shoot.

Example Warm-Up & Warm-Down Routine

To increase the range of joint movement; make the nervous system function more efficiently; reduce the risk of injury; provide greater muscle power output; reduce muscle tremors warm-up/down before/after shooting. Repeat each exercise 3 to 5 times.

In cold weather some form of aerobic exercise is recommended such as vigorous arm and leg movements before carrying out the exercises below.

1. **Shoulder shrugs and shoulder rolls forward then backwards.**
2. **Arm circles forward then backwards.**
3. **Ankle circles – alternate rotation forward then backwards.**
4. **Rotate the neck both sides & gently rotate it.**
5. **Bend the neck forward gently.**
6. **Bend the wrist and fingers gently.**
7. **Body and arm stretch.**
8. **Optional - Alternate ankle touch.**

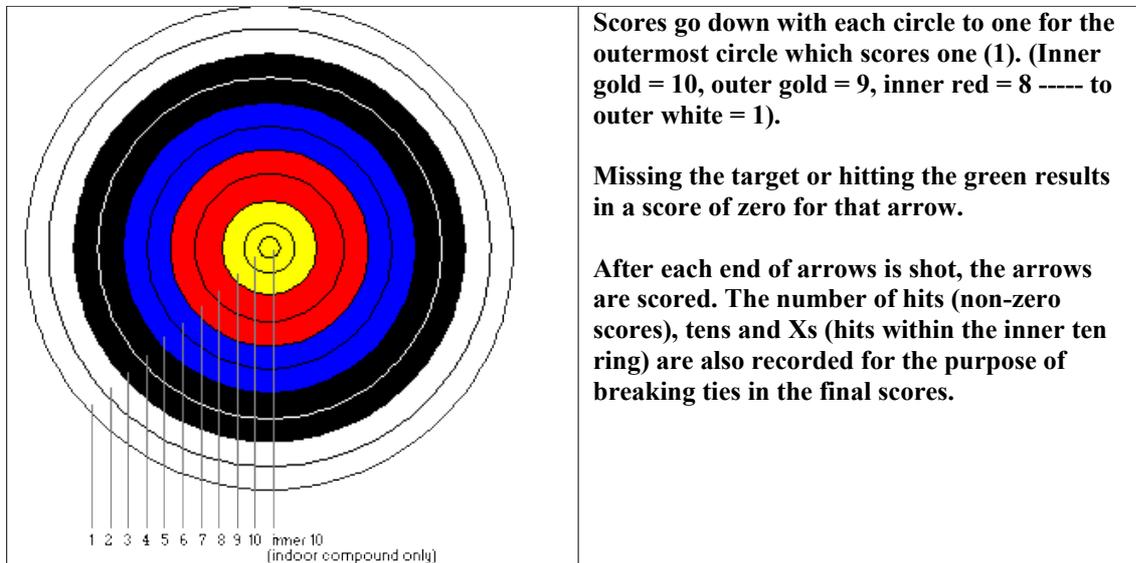
Using a simple elastic 'Exerciser Band' is an ideal and is highly recommended. These are available from reputable archery shops:

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Scoring

Archery is a sport in which the participant uses a bow to shoot arrows at a target which has ten concentric circles. The score of each arrow depends upon where it lands on the target. With metric or Fita scoring the highest score, a ten, is achieved by shooting an arrow into the centre, or gold.

For indoor compound archery, a ten is scored only when the arrow lands inside the inner ten ring.



When shooting imperial rounds (English), a gold = 9, red = 7, blue = 4, black = 3 and white = 1.

Archery Shops

Chiltern Archery

<http://www.chilternarchery.co.uk/>

01-527-527095

1.30 hours from Faringdon

Quicks

Waterlooville, Nr Portsmouth
Walton-on-Thames, Middlesex
www.quicks.com

0123-9225-4114

01932-2332211

Both are 1.45 hours from
Abingdon

Wales Archery

Crick, Newport, S-Wales

01291-420321

1.30 hours from Faringdon

Stylist Bows

www.stylist-bows.com

Dunchurch, Rugby, Warwickshire

01788-819196

07789-648740

Steve Hallard

hallard-stylist@supanet.com

Recurve bows can be hired from Stylist.

Either a Supreme or Sapphire Stylist bow is rented in 12 week cycles, paid in advance. The 1st payment includes a £20 deposit and £20 postage fee. At the end of each subsequent period, a renewal advice will be issued.

The hirer has the option of purchasing the Bow and accessories at the conclusion of any rental cycle. We will deduct the rental fees from the purchase price of the equipment to a maximum of four completed 12 week rental cycles. Price £4 to £6 per week.