



Elmastukwek Archery Club

Range Safety Rules

To Ensure the Safety of Yourself and Others:

- Always listen to the commands of the RSO (Range Safety Officer).
- If you hear five (5) whistle blasts at any time, stop shooting immediately. Something unsafe has happened.
- Do not wear loose clothing and/or dangly earrings/jewellery that could get caught in the bow string. (At competitions, it is etiquette for the sport of archery not to wear camouflage clothes or jeans)
- If you see something unsafe, please tell an instructor immediately.
- Do not shoot if you have a concussion.
- No impairment from drugs or alcohol is allowed.
- Always respect and listen to the coaches, instructors, volunteers and range safety officers.
- Always respect the equipment by taking care of it, using it as instructed and telling coaches if you suspect an issue.
- Please leave the coaching to our trained coaches unless otherwise asked.
- If all rules are not followed, archers will be asked to leave the range.
- All beginner shooters are required to wear arm guards.

Please Respect Other Archers by:

- Be polite and sportsmanlike to everyone. **NO BULLYING WILL BE TOLERATED!**
- Only shoot three (3) arrows per end. Fletchings are coloured so you can easily know which arrows are yours.
- No excessive noise that could startle or distract shooters.
- Do not touch someone else's equipment without their permission.
- Please refrain from using cell phones.

Getting Ready to Shoot: {2 whistle blasts = GET BOWS}

- Only approach the bow rack and shooting line after hearing two (2) whistle blasts.
- Choose your bow in an orderly manner and approach the shooting line.
- Straddle the shooting line (one foot on each side of the line), and put bows on your toes until you hear one (1) whistle blast.
- **Do not pull your arrows from your quiver** until you hear one (1) whistle blast.

Shooting: {1 whistle blast = SHOOT}

- Everyone must shoot from the same shooting line.
- Your bow and arrows should always be pointed down range while nocking the arrow. **NEVER POINT A BOW AND ARROW AT ANOTHER PERSON.**
- Shoot only at the target directly in front of you. Never shoot across lanes.
- Always look down range and beyond the target to be sure it is safe to shoot.
- If you drop an arrow while shooting, leave it on the ground. Your coach will get you another one.
- Never dry fire a bow. A dry fire is when you release the bowstring without an arrow on it.
- When finished shooting, put your bow back on the rack and step back behind the waiting line.

Retrieving Arrows: {3 whistle blasts = GO GET ARROWS}

- Wait until hearing three (3) whistle blasts before going to get your arrows.
- **No running on the range.** Walk to the target and back when retrieving arrows.
- Only one person pulls arrows from the target at a time while the other waits behind the safety line for your turn.
- When pulling your arrows from the target, make sure no one is behind you. Be mindful of your surroundings.
- Please pull arrows in a manner to not break them (hand to hand as shown by our instructors).
- Always carry arrows in a safe manner. **Do not run with arrows.** Keep arrow tips pointed towards the ground as you walk. Arrows are **not** toys.

SAFETY WILL ALWAYS BE OUR FIRST PRIORITY!

Listen for the whistle!

2 whistle blasts = **GET BOWS**

1 whistle blast = **SHOOT**

3 whistle blasts = **GO GET ARROWS**

5 or more whistle blasts = **STOP SHOOTING IMMEDIATELY**



BUT MOST IMPORTANTLY, HAVE FUN!