



CRIEFF ARCHERY CLUB

BEGINNERS
INFORMATION
BOOKLET



www.crieffarcheryclub.org.uk

WELCOME

Crieff Archery Club is a friendly target archery club and we shoot using Braidhaugh Rugby Club during April to September and Crieff Community Campus from September through to March.

Currently our members shoot either recurve, compound and barebow. We do not do shoot crossbow.

Archery is an inclusive sport and we will always try to accommodate archers with any health issue or disability hence why we always ask if there are any medical conditions or disabilities on the application form in order that we can make appropriate provision.

Archery is fun, sometimes frustrating, but ultimately rewarding.

One word of warning though, once you have shot your first arrow and it hits the target, you will be hooked!

CRIEFF ARCHERY CLUB

Our Club founder and President is Alex Cargill. Alex has been shooting for over 45 years, and has been previously ranked No 1 in Scotland and was invited to join the Scottish team, captaining Scotland in his first International (which Scotland won!). Alex has shot for Scotland on 12 separate occasions, won 17 major tournaments and was in the top 3 archers in 53 tournaments. On top of that he was also awarded the coveted title of Master Bowman at the end of the 1975 tournament season.

Alex has over the years, coached a number of Scottish champions at junior level and 4 club members into the full Scottish Team. In 2011 he was honoured by the club for his contribution and presented with the Presidents Medal from the Grand National Archery Society.

By joining Crieff Archery Club, you will be in experienced hands!

Further information with regards to Crieff Archery Club can be found on our website: www.crieffarcheryclub.org.uk

Or alternatively you can scan the QR code with your mobile phone or tablet to be taken directly to the website:



We are a friendly bunch!





Archery GB & Scottish Archery

All archers and their clubs must be registered with Archery GB. This compulsory membership and its associated costs are paid yearly and benefits include: insurance cover; access to some training courses; four magazines per year; and also allows Archery GB to continue to develop the sport.

Scottish Archery is a membership association of archery clubs within Scotland and is a Home Nation within the UK governing body Archery GB. Scottish Archery works with all Scottish clubs to ensure that archery is both accessible and enjoyable.

Archery GB and Scottish Archery both provide the guidance and governance required to ensure that all archery clubs run in a safe and beneficial manner for all members.

Archery GB website: www.archerygb.org

Scottish Archery website: www.scottisharchery.org.uk

ARCHERY OVERVIEW

In basic terms, Archery is the sport and skill of using a bow to propel arrows. The fun part is in trying to get them to hit the target!

To join us or any other Archery GB affiliated archery club, you must have completed an archery beginner's course first. The beginner's course will give you the basics in shooting technique, and most importantly, will teach you all the safety rules.

ARCHERY DRESS

We don't mean you have to wear a dress.... But... you must wear comfortable close fitting clothing which allows you to move freely but isn't baggy around the upper body (chest guards are available). If you have long hair, we ask that you tie this back and also remove any long earrings and piercing's. We ask you to do this as it is essential to stop the bow string catching on anything when you shoot as this may cause injury.

You must also wear flat comfortable closed toe shoes – remember that you will be standing, shooting and moving about for quite some time so you want your feet to be comfortable.



ARCHERY EQUIPMENT

At Crieff Archery Club, we provide all of the equipment necessary to participate in the course and offer free use of this equipment for all new members joining the club after the course has finished.

Please note that we do not advise anyone to buy any equipment until they are more familiar with what suits them, and should they wish to buy their own, we will offer guidance and general advice on what to buy in order to ensure that it is correct and safe for them.

In archery, we use different pieces of equipment such as: Arrows (of course), Quivers, Finger Tabs, arm guards and chest guards. You will be taught to use the equipment during the beginner's course inclusive of safe arrow handling and collection. We also check which eye is dominant as that will tell us whether you need to shoot left or right handed. Oh of course, I nearly forgot, we use a bow.....

There are different types of bow. The two main types we use within the club are Recurve and Compound. The Scottish Archery Association has information on all types of bow and a summary of their information on the two main types we use in the club is as follows:

“RECURVE BOW

The recurve bow is so called as, unlike the longbow which has one arc towards the archer, the limbs on a recurve bow curve away at the ends. This curve stores and delivers more energy more efficiently than an equivalent straight-limbed bow.

Modern day recurve bows are takedown as they are in three parts with a handle - often called a riser - and a pair of limbs that bolt on. Many beginner bows have wooden handles but the most popular bows have a metal handle, either cast or computer machined. Bow limbs can have many different laminations including wood, carbon and modern composite materials making them light and efficient.”



“COMPOUND BOW

Modern compound bows have metal risers and composite limbs. The limbs are short and stiff and the string is connected to a pulley system mounted on wheels or cams.

When a recurve bow is drawn the archer has to hold more weight as the draw length increases; on a compound the bow reaches a peak weight part way through the draw then the weight drops off - this "let-off" can vary from about 65-80% and means that at "full draw" an archer is holding very little weight. As the fingers of the archer can then torque the string,

Compound bows are more usually shot using a release aid instead of "off the fingers".

ARCHERY SAFETY

Health and safety is important. Whilst you are learning archery, we will advise and guide on general health related safety such as good posture and ensuring that you are able to shoot without injury to yourself or to others. General safety is contained with the arrangements for the archery range layout, and general rules on the shooting field.

Archery GB Rules of Shooting

Bows must be handled correctly and with respect. If you follow the coach and field captain's instructions, and adhere to the safety rules, archery is a safe sport. All clubs and members must adhere to all the safety rules. Archery GB governs all archery clubs within the UK and the rules of shooting which we must all adhere to can be accessed via their website. We will cover these rules during your beginner's course.

Archery GB rules of shooting can be accessed by [this link](#):

www.archerygb.org/about-us-structure-safeguard/about-us/the-rules-of-shooting

Range Information and Risk Assessment

Indoor and Outdoor Range Information and Assessments have been completed for the club.

If you attend a beginners course, you will be sent an electronic version of this booklet with enabled links to the clubs Indoor and Outdoor Range Risk Assessments and the Health, Safety and Incident Reporting Policy which you will be asked to read before attending the course.

As previously mentioned, Safety will be covered in some depth during your beginners course, however as a guide, general rules to always be mindful of are as follows:

General

- A) No archer may draw his bow, with or without an arrow, except when standing at the shooting line or peg. If an arrow is used, the archer shall aim toward the targets but only after being satisfied that the field is clear both in front of and behind the targets.
- B) When drawing back the string of the bow an archer shall not use any technique which, in the opinion of the judges or field captain, could, if accidentally loosed, allow the arrow to fly beyond a safety zone or safety arrangements (overshoot area, net, wall, etc). If an archer persists in using such a technique, he will, in the interest of safety, be immediately asked by the Judge or field captain to stop shooting and to leave the area.



Archery Safety ctd.

- C) If anyone present where archery is taking place becomes aware that shooting should be halted for safety reasons, that person must call “FAST”. On hearing this call, all archers must immediately stop shooting, returning all unshot arrows to the quiver. If necessary, the call of “FAST” should be repeated by other archers to ensure that everyone has heard and stopped shooting. Shooting will recommence only on the instruction of the Judge or Field Captain.

- D) The Judge or Field Captain, in consultation with any appointed tournament organiser is empowered to require any individual who is considered to be jeopardising the safety of the tournament/shoot to immediately leave the shooting ground. This safety rule applies to all members also whilst shooting at the club either indoors or outdoors. A club committee member can ask any member to leave the shooting area, if in their opinion they are compromising the safety of themselves, the public or members of the club in any way. Consumption of alcohol prior to shooting would be one example of unacceptable behaviour.

Numbers Present

- A) On the grounds where the public have a right of access, there must be a minimum of two people present each being a minimum of 18 years of age when any shooting is in progress, one of whom may be a non-archer to act as a lookout. The archer is responsible to inform the lookout of all safety aspects applicable. Where two adult archers are present and shooting together they will alternate on the shooting line so that the non-shooting archer can act as the lookout.

- B) Solo shooting by senior archers (i.e. archers 18 and over) is permitted on private land which is fenced all round and where the public has no legal right of access. A warning notice must be displayed at all entrances and points of access. Any member shooting on their own is doing so at their own risk in respect of personal injuries.

- C) Juniors When junior archers (i.e. archers under 18) are shooting individually or in groups they must be supervised by an adult member (excluding honorary members) of the Society.

Archery Etiquette

Etiquette in all sport is important and Archery is no different. A Good Archer:

1. Does not talk in a loud voice whilst others are shooting
2. Does not talk to another competitor who obviously prefers to be silent
3. Does not make any exclamation on the shooting line that might disconcert a neighbour in the act of shooting
4. Does not pull any arrows from the target before all arrows have been scored
5. Does not go behind the target before all arrows have been scored
6. Does not walk up and down the shooting line comparing scores
7. Does not leave the shooting line whilst the archer either side are at full draw
8. Does not touch anyone else's equipment without permission
9. Does not leave litter
10. When calling scores does so in groups of three, for example 7-7-5 pause 5-5-3 by pointing at the nock end of the arrows without touching them
11. If he breaks another' arrow through his own carelessness pays for it in cash on the spot
12. Thanks the Target Captain at the end of each round for work on his behalf
13. If an Archer wishes to join another Target they must ask and not just barge in
14. When returning from the target you should not dawdle and keep everybody else waiting
15. Does not stand and watch everybody else get out and put away targets
16. Does not watch everybody else pull the arrows and do the scoring

Safety is everyone's business

Good Etiquette is essential for all Archers

SIMPLE STEPS TO SHOOTING

Like all exercise and sport, a good warm up and cool down is essential for your muscles.

Basic warm up exercises will be taught to you during your beginner's course. (Don't worry we won't have you doing circuit training!)

Fundamentals of T-Draw - Simple Steps of Shooting

By having a vertical posture and level shoulders and arms when shooting, a T shape is formed and supports you to adopt a good posture and general form.

There are 8 fundamental steps to shooting and again, these will be covered during your beginner's course. A summary of these steps are:

1. Stance – relax (remember to breathe), prepare your feet, remember good posture
2. Nock the Arrow
3. Set Hands – Hook your drawing hand fingers onto the string, and then position bow hand onto the handle
4. Prepare – Focus on the target
5. Raise – Focus on the target, raise your arms up to the height of your mouth, and remember the balanced “push and pull” technique you have been taught
6. Draw – Focus on the target, draw the bow and hold at full draw
7. Anchor and Aim – anchor your draw hand and aim the arrow at the target
8. Release and Follow through – relax your draw hand whilst maintain focus on the target. Maintain your posture and push and pull to complete follow through



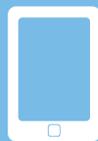
Remember to breathe and to enjoy yourself – it's meant to be fun!

Outdoor Championships 2017



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