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Safety Orientation & Teaching A New Archer



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Lesson Objectives

The archer will experience how the range lines and whistle signals are used to move about the range in a safe manner. The archer will practice transferring String Bow® and *Eleven Steps to Archery Success* lessons to actual shooting of a bow. The archer will learn how to safely retrieve arrows from the targets.

Classroom Application

This is the lesson where students shoot their first, but closely supervised arrows. This is usually the second day of a 45-60 minute archery class.

Discussion

The new archer will put most of the previous lessons together in this session to experience a positive, safe and successful shooting activity. The instructor will use the CPR technique to properly correct an archer's performance of the Eleven Steps to Archery Success. The student will learn that all range safety rules must be followed very closely in order for the range to be operated in an efficient and safe manner.

The instructor will demonstrate every aspect of the shooting experience during this session. Toes will be behind lines and the whistle signals will be used to trigger specific range activities. The instructor will demonstrate how the String Bow® lesson is combined with the Eleven Steps to Archery Success to produce proper technique from the archer as arrows are shot. Because the target will be covered or blank without visible scoring rings, students will understand that the focus of these lessons is on perfecting the process of shooting rather than on scoring. The instructor will supervise the first few shots for every archer making sure proper form and safety rules are followed throughout the shot sequence. **TIP: Check for items that could interfere with the shot such as jewelry, pins, name tags, whistle, etc.**

The instructor will demonstrate how arrows are safely pulled and returned to the floor quivers. Finally, the instructor will make sure all bows, arrows, and people are safely back at the equipment rack, quivers, and waiting line area before shooting recommences.

Materials Needed

- *All items and materials identified in Chapter 2 necessary for a safe archery range set-up*
- *Every archer should have their String Bow®*

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- *Newspaper and push pins to cover bull's eyes on the targets*
- *Spare painter's tape in case a range line is damaged*
- *The instructor should have a whistle*
- *LH bows should be easily identified by labeling or by position on the bow rack*
- *Poster/list of the "Eleven Steps to Archery Success" where everyone can reference.*

Classroom Set-Up

The archery range must be laid out according to the specifications described in Chapter 2. If this is the beginning of a class or after a break, the instructor should look behind the arrow curtain and targets to make sure these areas are clear of people, expensive equipment, and objects that an arrow could rebound from. All students should be behind the waiting line. Floor quivers should be empty except that the lead instructor's quiver should contain 3 arrows. The instructor should have enough arrows in a storage container to provide each shooting station with three to six arrows at the appropriate time.

If there is insufficient equipment or space (bows, arrows, targets and arrow curtains) for all students to shoot simultaneously, the class should be divided into groups according to the amount of equipment. For instance, if there are 24 students and 12 bows, form an "A" group of 12 students and a "B" group of 12 students. If you have only one left-handed bow, make sure only one left-handed archer is in each group. The groups will take turns shooting. Note: Some teachers may divide the class into even smaller groups so fewer students will be on the shooting line awaiting their turn to shoot. Each small group can be practicing with the String Bow[®], using flash cards to master the Eleven Steps, etc.

The instructor(s) should begin the lesson in front of the waiting line where everyone can see and hear instructions.

Conducting the Lesson

To promote standardization, the following script is provided for the lead instructor to present. It is important the script be followed as closely as possible to ensure all material is concisely covered at exactly the right moment.

Introduction: (presented from in front of the waiting line with archers behind the waiting line) The instructor says... "Good morning. Today I'm going to present beginning international style target archery lessons. There are many ways to teach archery,

but most will agree that international archery methods are very effective. Archery is a safe and fun activity, and we're going to keep it that way by following a few simple rules on this range." (**Teaching Suggestion: 6.1**)

Repeat Certain Safety Rules:

The instructor says...

- A. "You are all standing behind the waiting line – every toe." (Visually confirm) (**Figure 6.1**)
- B. "Before we begin remember, if you hear the whistle blown five or more times, there is an emergency on the range. It will sound like this." (Demonstrate). When an emergency is signaled, archers must stop what they are doing, return their arrows to the quivers and bows to the rack and walk behind the waiting line. If an archer has an arrow on the bowstring ready to shoot, the arrow must be carefully eased forward and returned to the quiver and the bow replaced on the bow rack. The archer then walks behind the waiting line.
- C. "Remember, also, we only draw and shoot a bow when there is an arrow on the string and the bow is pointed in a safe direction toward the target. To shoot a bow without an arrow is called a 'dry-fire' and that can harm you, me, and the equipment."

Demonstrating the Shot:

The instructor says and does...

- A. "Now I'm going to show you how we follow the lines and whistle signals on the archery range.
- B. "I'm going to step behind the waiting line with you." I want you to remain behind this waiting line while I demonstrate how to use the whistle commands and lines to move about the archery range.
- C. "Two whistle blasts means get bow." (Blow and walk to the bow rack)
- D. "I'm walking to the bow rack. I'm right-handed so I'll pick up a right-handed bow. (Point to right-handed bows). "If I were left-handed, I'd get this bow on the end." (Tape on upper limb)



Teaching Suggestion 6.1 International Style Target Archery

Relating this initial lesson to the International Style Target Archery program will put at ease any students who, because of past experiences, already rate themselves above "beginner." These students will be less likely to tune out the instructor.



Fig. 6.1

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E. "I'm walking to the shooting line. I'm going to straddle the shooting line, putting one foot on either side like this and rest the bottom of the bow on my toe nearest the targets. I know this is the bottom of the bow because the odd-shaped wheel is on the bottom. Notice the bowstring is toward my body. Since I'm right-handed I'm facing to the right of the range. Left-handed archers will face the left side of the range." **(Figure 6.2)**

F. "When everyone has their 'bows on toes' I'll blow one whistle blast, like this (blow whistle) which means, 'shoot.'"

G. "I'm going to remember my String Bow® and the Eleven Steps to Archery Success lessons we practiced."

H. Note: Since archers have already learned the "Eleven Steps to Archery Success" with the String Bow®, the instructor only needs to say and do each step. However, "nock" needs a bit more explanation than was provided during the String Bow® demonstration. However, arrows should be kept out of the Eleven Steps to Archery Success lesson because the arrow produces distraction.

I. "You learned the "Eleven Steps to Archery Success" in a previous lesson, I'm just going to say and do these steps.

1. **"Stance**

2. **"Nock** - I'll explain this in greater detail now. With an open palm and my thumb pointed down, like "Florida" I grasp the arrow under the vanes. As I pull the arrow from the quiver I'm keeping the arrow pointed towards the target at all times. I'm carrying the arrow up and over my vertical bow. I'll orient the odd or different-colored index vane so it is facing me, away from the bow. I'll snap the plastic nock end of the arrow under this nock locator — I can feel and hear the snap —hear it? I place the arrow shaft on this flipper arm or arrow rest." **(Figure 6.3)**

3. **"Set draw hand** - now I'm setting my drawing hand by hooking three fingers under the arrow's nock." **(Teaching Suggestion 6.2)**

4. **"Set bow hand**



Fig. 6.2



Fig. 6.3

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5. **"Pre-draw**
 6. **"Draw**
 7. **"Anchor**
 8. **"Aim**
 9. **"Shot set-up** - I'm performing shot set-up by maintaining 'active muscles' and moving my draw-side shoulder-blade towards the middle of my back."
 10. **"Release**
 11. **"Follow-through/Reflect**
- J. "I'll shoot again." **(drop an arrow on the floor)**
- K. "Whoops, if you drop an arrow, LEAVE IT on the floor or ground, I'll pick it up when we are retrieving arrows from the targets. Raise your hand, and I will give you a replacement arrow for following this rule."
- L. Shoot another arrow— talking less, but still saying each of the "eleven steps." When finished shooting, replace the bow on the rack and walk back behind the waiting line to await further instructions." **(Demonstrate)**

Supervising the Shot: (address the class from in front of the shooting line) – quivers are empty!
The instructor says and does...

- A. "Now you're going to shoot. Remember, this is just like using your String Bow®."
- B. "Everyone's toes are behind the waiting line." (check —blow two whistle blasts) "Everyone walk to get bows. Go to the shooting line, straddle it, and place your bow on your toe." **(Figure 6.4 and Teaching Suggestion 6.3)**
- C. "Since I'm going to observe your first shots, I will provide arrows when it is your turn to shoot." **(Figure 6.5 and Teaching Suggestion 6.4)**
- D. When I blow the whistle one time that means



Teaching Suggestion 6.2 The Archer's Groove

Naming the "archer's groove" lends credibility to this manner of setting the bow hand.



Fig. 6.4



Teaching Suggestion 6.3 Taking Turns to Shoot

If the class is too large for all students to shoot at once, make it clear which group will shoot first.

Instruct waiting shooters to watch or practice behind the waiting line with their String Bow®. Waiting shooters can also practice saying and performing, with the String Bow® the Eleven Steps to Archery Success™.



Fig. 6.5



Teaching Suggestion 6.4 Instructor Arrow Supply

A 5-gallon bucket or hip quiver may be used to carry arrow supply down the shooting line as instructor moves from shooter to shooter.



Teaching Suggestion 6.5 Why Starting on the Left End of Shooting Line to Supervise Shooting

The instructor will begin in the face-to-face coaching position when supervising new archers. Most archers are right-handed. The instructor will often leave the archer after supervising 2-3 arrows and instruct the archer to continue shooting the remainder of their his arrows before re-racking the bow and walking behind the waiting line. As the instructor moves to supervise the next archer, by moving left to right she can continue to observe the archer(s) she just left while coaching the new archer.

shoot. However, this first time everyone wait until I come by to give you arrows so I can observe your performance of the eleven steps. I'll start here on the left end of the shooting line so I can watch all archers as I supply them with arrows. Please wait patiently until I get to you." (**Teaching Suggestion 6.5**)

- E. Go to the first archer on the far left (facing the targets) of the shooting line. Blow the one whistle "shoot" signal, and then place 3-6 arrows in this first archer's floor quiver. Have the archer say and do the eleven steps.
- F. Use CPR to improve the archer's performance of the eleven steps. If the shooter is having difficulty after the quiver is empty, refer to more practice with the String Bow® behind the waiting line.
- G. Move through each archer in this manner. Talk each archer through the shot following the eleven steps and making reference to the String Bow®. As soon as an archer is performing the steps, move on to the next archer. As you leave an archer tell him, "When finished shooting your arrows, walk the bow back to the rack and go behind the waiting line."

Retrieving Arrows: (begins with all archers behind the waiting line and instructor in front)
The instructor says and does...

- A. Before blowing the "go get arrows" whistle signal, the instructor should move near any dropped arrows. These arrows must be picked up and carried properly by the instructor to the base of a target when the whistle signal is given to retrieve.

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- B. When all archers are finished shooting and behind the waiting line, blow three whistles and say, "Go get arrows." Remind students to walk and stop at the target line for a demonstration. The instructor should be the first to the target line to make sure students stop.
- C. With all students behind the target line, go to one end or other of the row of targets so all can see.
- D. Instructor says, "It is important that we pull arrows correctly from the target to protect ourselves, each other and the equipment."
- E. "First, support the target with your body or leg like this." (**Figure 6.6**)
- F. "Then, starting with the nearest or highest arrow, place one hand immediately above the arrow and on the target."
- G. "The other hand is placed around the arrow, touching my first hand, as close as possible to the target." (**Figure 6.7**)
- H. "Then look toward the target line to make sure everyone is safe from the nock end of the arrow. Slowly pull the arrow from the target. Place the arrow on the floor" (or ground). (**Figure 6.7**)
- I. "When you've pulled all your arrows from the target, pick them up, even the points on the top of the target, and carry them like this. The points must be completely covered by one hand and the other hand around the shaft under the vane." (**Figure 6.8**)
- J. "Walk the arrows back to the quiver and go stand behind the waiting line."
- K. "Now, one person per target can come up to pull and carry arrows like I showed you." (**Figure 6.9**)
- L. Walk up and down the line looking for correct procedure.
- M. When all students have left the target area,



Fig. 6.6



Fig. 6.7



Fig. 6.8



Fig. 6.9



Fig. 6.10

look behind the arrow curtain and targets to make sure no student or arrows remain. **(Figure 6.10)**

N. That's all there is to it."

If there are additional groups waiting to shoot, repeat the process. **(Teaching Suggestion 6.6 and 6.7)**



Teaching Suggestion 6.6 Supervise Enough Arrows

Some students will need only 1-2 supervised shots before being allowed to shoot solo. Other students might need to be supervised more than a single end (3 – 6 arrows) before they can shoot on their own. Before leaving one student to supervise another, make sure the eleven steps are being performed. Be especially certain arrows are nocked correctly, the archer's bow arm is clear of the bow-string, and that the archer follows-through upon release.



Teaching Suggestion 6.7 Practice String Bow® and Exercise While Waiting Turn

While other groups of archers are behind the waiting line, before their turn to shoot, they can be instructed to practice with their String Bow® s, learn the *Eleven Steps to Archery Success*, or perform core strengthening exercises.



Teaching Suggestion 6.8 Explaining Why "3 Fingers Under"

3 Fingers under the nock reduces the twisting of the bow string when the arrow is drawn. If the string remains untwisted, the arrow will stay on the rest. In addition, the bow is designed to shoot best with 3 fingers underneath the nock.



Checks for Understanding

How did the String Bow® lesson influence the way you shot the real bow and arrow?

Which of the whistle signals is the most important and why?

At what speed do we move about the archery range?

How do I protect other people when I'm pulling arrows from the target?