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*Running The Range*



# *Running The Range*

## **Lesson Objectives**

Demonstrate how the range and archers are routinely managed. The archer will learn how to score arrows and have an opportunity to experience coaching and being coached.

## **Classroom Application**

The previous Safety Orientation was conducted to assure that each student could safely participate in archery. During the *Safety Orientation*, each student received individual instruction and observation, one archer at a time. During this *Running the Range* lesson, all archers are called to the shooting line, provided arrows, and directed to shoot at the same time.

## **Discussion**

This lesson describes what will take place during the normal archery class after students have learned safety rules and how to shoot. It is important that the archery instructor understands the difference in *Running the Range* and the previous *Safety Orientation* lessons. During this lesson, the instructor conducts archery class on a properly arranged NASP® archery range. The instructor will use whistle commands and range lines to direct student archers when and where they are supposed to be, and furthermore, what they will do.

The instructor uses each archery session to help students master the process of shooting, Eleven Steps to Archery Success. Before beginning each shooting session, it is always beneficial to prepare the shooters muscles and mind using the String Bow®. During this lesson, students learn how to score arrows and why it is important to score them before the arrows or targets are touched to prevent impacting an arrow's score.

Practice sessions can be enlivened by keeping score and by playing a variety of games covered in a following chapter of this manual.

It is important for the instructor to periodically safely, simulate an "emergency". This is done to make sure students will remember and do what is required in the event a real emergency, such as an object or person appearing down range. When simulating an emergency, rolling a ball, water bottle, or other object between archers onto the range, is an option. Care should be taken, if rolling or tossing something on the range that the object remains low and below the trajectory of a shot arrow.

## **Materials Needed**

- *All items and materials identified in Chapter 2 are necessary for a safe archery range set-up.*
- *Every archer should have a String Bow<sup>®</sup>.*
- *The instructor should have a whistle.*
- *Special target faces if certain games are to be played.*

## **Classroom Set-Up**

The archery range should be safely arranged as described in Chapter 2, Range Set Up and Safety. Based upon how many targets, bows, quivers, and arrows are available, students may need to be assigned to smaller groups.

The instructor should run the range according to the steps below:

### **Archery Range and Archer Preparation:**

1. Check for safe range set-up.
2. Down range is clear of people.
3. Arrows (3-6) are in quivers.
4. Targets are turned to show scoring rings (unless more process emphasis is needed).
5. Create archer groups if insufficient space or equipment for all.
6. Direct the first archer group to stand with toes behind the waiting line.
7. Advise waiting groups to practice with String Bow<sup>®</sup>.
8. Remind shooters to perform the Eleven Steps to Archery Success.
9. Remind shooters to remember the String Bow<sup>®</sup> lessons.

### **Two Safety Rule Reminders:**

1. Demonstrate the emergency whistle signal safety rule.
2. Re-state the safe shooting direction and "dry-fire" safety rule.

### **Operate the Range:**

1. Check for toes behind the waiting line.
2. Blow two whistle blasts and say, "get bow".
3. Remind archers to walk, straddle shooting line, and place "bows on toes".
4. Blow one whistle and say, "shoot".
5. As archers finish shooting, re-rack bows, & walk behind waiting line.
6. When all archers are behind waiting line, signal three whistles to "go get arrows".
7. Instructor is the last to leave targets after checking behind the curtain.
8. Continue until all groups have shot and retrieved arrows.

# ***Basic Archery Instructor***

## **Emergency Signal, Scoring Arrows, and Coaching:**

1. Archers should practice coaching using "CPR" technique.
2. Pair archers with coaches (A-B groups). A shoots while B coaches (reverse)
3. Blow two whistles to "get bows".
4. When archers have bows on toes, call coaches forward.
5. Blow the one whistle signal to shoot.
6. Coaches use CPR to help archers perfect Eleven Steps to Archery Success.
7. When the archer completes shooting, archer and coach return behind the waiting line.
8. Explain scoring -- 0 points for miss our outside scoring rings 1-10 point rings
9. Arrows touching lines touched receive higher score.
10. Score all arrows before touching any arrows or the target.
11. Explain how archers treat the target line as a "speed bump".
12. All archers pause at the target line.
13. If more than one archer/target--one pulls & other waits behind target line.
14. Safely, simulate an emergency -- roll or throw object along floor
15. Blow the emergency whistle signal & react correctly.
16. Resolve the emergency & resume shooting.



## **Checks for Understanding**

*Why is it appropriate that all quivers be supplied with arrows when Running the Range?*

*The instructor should check behind the arrow curtain before beginning archery class. When else should the instructor look behind the arrow curtain?*

*Why should archers score arrows before touching arrows or the target?*