“PEOPLE OF ALL AGES PARTICIPATE IN ARCHERY, AND IT’S BEING TAUGHT IN SAFE ENVIRONMENTS FROM GYMS TO FIELDS BECAUSE SOUND TRAINING PROTOCOLS WERE DEVELOPED, INSTITUTED AND FOLLOWED. AS A RESULT, EDUCATORS ARE INTRODUCING ARCHERY TO YOUTH TO DEVELOP A DEEP APPRECIATION FOR THE SPORT WHILE BOOSTING THEIR SELF-ESTEEM, SELF-DISCIPLINE AND LIFE-LONG SKILLS.”

TODD ROGGENKAMP
DEPUTY DIRECTOR OF EDUCATION
SAFARI CLUB INTERNATIONAL FOUNDATION

“IS ARCHERY SAFE? YES!

WITH ARCHERY PARTICIPATION RISING IN POPULARITY AMONG YOUTHS AND ADULTS, THE QUESTION “HOW SAFE IS ARCHERY?” BECOMES EVEN MORE IMPORTANT WHEN CONSIDERING THE SPORT. Archery is not only a sport for people of all ages, sizes and skill levels, it’s also one of the safest when comparing its statistics to those of other mainstream sports. Archery’s safety record helps increase programming in many organizations and locations. Programs administered by schools, colleges, 4-H, camps, clubs, churches, community events, parks-and-recreation departments, and many other venues all contribute to archery’s surge.

FIGURE 1: Data in Figure 1 were collected and calculated for each year in the same manner as data in Table 1. *SAF archery participation data have been found to be substantially underreported. Data are used here for comparison of archery to other sports year-to-year using consistent methodology.
HOW SAFE IS ARCHERY WHEN COMPARED TO OTHER MAINSTREAM SPORTS?

AMONG THE SAFEST.

ARCHERY SAFETY

TABLE 1. Data shows that archery is one of the safest sports. Skateboarding has injury rates 22 times higher than archery’s injury rate. Basketball and football have injury rates 12 to 13 times higher than archery’s injury rate. Archery’s injury rate per 1,000 participants rank it below soccer, gymnastics and softball, and just slightly above bowling.

2020 SPORTS PARTICIPATION AND INJURY RATES PER 1K PARTICIPANTS (AGES 6 AND OLDER) ADULT/SENIOR INJURY RATES

<table>
<thead>
<tr>
<th></th>
<th>Actual Number of Cases [A]</th>
<th>Estimated Number of Cases [B]</th>
<th>Estimated Number of Participants [C]</th>
<th>Injury Rate per 1K Participants [D]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (all types)</td>
<td>7,057</td>
<td>212,756</td>
<td>27,753,000</td>
<td>7.67</td>
</tr>
<tr>
<td>Football (all types)</td>
<td>4,385</td>
<td>121,617</td>
<td>16,901,000</td>
<td>7.20</td>
</tr>
<tr>
<td>Soccer (all surfaces)</td>
<td>3,102</td>
<td>90,281</td>
<td>17,084,000</td>
<td>4.49</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>391</td>
<td>10,557</td>
<td>3,308,000</td>
<td>3.19</td>
</tr>
<tr>
<td>Softball (all types)</td>
<td>755</td>
<td>28,206</td>
<td>8,160,000</td>
<td>3.46</td>
</tr>
<tr>
<td>Baseball</td>
<td>1,306</td>
<td>39,417</td>
<td>15,731,000</td>
<td>2.51</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>690</td>
<td>16,259</td>
<td>3,848,000</td>
<td>4.23</td>
</tr>
<tr>
<td>Volleyball (all surfaces)</td>
<td>716</td>
<td>23,016</td>
<td>12,468,000</td>
<td>1.89</td>
</tr>
<tr>
<td>Skateboarding</td>
<td>3,273</td>
<td>113,546</td>
<td>8,872,000</td>
<td>12.69</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>431</td>
<td>15,489</td>
<td>6,064,000</td>
<td>2.55</td>
</tr>
<tr>
<td>Fishing (all types)</td>
<td>1,165</td>
<td>61,904</td>
<td>64,836,000</td>
<td>0.95</td>
</tr>
<tr>
<td>Archery</td>
<td>86</td>
<td>4,214</td>
<td>7,249,000</td>
<td>0.88</td>
</tr>
<tr>
<td>Bowling</td>
<td>146</td>
<td>6,667</td>
<td>40,345,000</td>
<td>0.17</td>
</tr>
<tr>
<td>Roller Skating</td>
<td>720</td>
<td>22,880</td>
<td>11,062,000</td>
<td>2.07</td>
</tr>
<tr>
<td>Mountain Biking</td>
<td>396</td>
<td>15,480</td>
<td>8,898,000</td>
<td>1.72</td>
</tr>
</tbody>
</table>

TABLE 1. Sub-notes: All data are for the age range 6 and older.

A. These data are from the National Electronic Injury Surveillance System, which collects data from hospitals that record the information, including detailed injury descriptions. B. These data are from the National Electronic Injury Surveillance System and are nationwide estimates for injuries based on samples for ages 6 and older. C. These data are from the Sports & Fitness Industry Association and represent those who participated at least once per year. D. This rate was calculated by dividing the estimated cases (b) by the number of participants (c), and multiplying by 1,000.

*SFIA archery participation data have been found to be substantially underreported. Data are used here for comparison of archery to other sports using consistent methodology.
“ARCHERY IS ONE OF THE SAFEST SPORTS I’VE EVER BEEN INVOLVED WITH. THE SAFETY REQUIREMENTS IN THE NASP CURRICULUM SOLD THIS SPORT TO OUR PRINCIPAL AND ADMINISTRATORS. WE HAVE NOT HAD ANY SAFETY ISSUES ON OUR RANGES AS STUDENTS LEARN AND RESPECT THE PROGRAM’S RULES. WE FOLLOW THE PROTOCOLS SO PRECISELY THAT OUR SCHOOL IS ABLE TO RUN FOUR RANGES SIMULTANEOUSLY DURING TOURNAMENT SEASON.”

VALERIE KIRCHOFF
7th Grade Science Teacher, Head Archery Coach
Haughton Middle School, Louisiana

ARCHERY SAFETY

ARCHERY SAFETY

ANNUAL INJURY RATE

Archery’s annual injury rate of less than one per 1,000 participants consistently ranked between the low rates of bowling and fishing. Those sports with the highest injury rates were skateboarding, basketball and football having annual rates between 7 and 12 injuries per 1,000 participants from 2010-2020.

AVERAGE INJURY OF PARTICIPANTS FROM 2010-2020

FIGURE 2: Majority of these injuries were bowhunting related. This includes but is not limited to, tripping over a bow base to cutting themselves with a broadhead.

SFIA archery participation data have been found to be substantially underreported. Data are used here for comparison of archery to other sports using consistent methodology.
**INSURANCE INDUSTRY ARCHERY SAFETY RATING**

The insurance industry recognizes archery’s safe record. In many cases, that means an organization’s standard general liability insurance coverage may be determined efficient.

Typically, archery is included in the same class as golf, badminton, bowling, swimming, tennis, track and cross-country running when calculating policy premiums. This class is one of the lowest premiums among the sports categories. Sports carrying higher premiums include football, gymnastics, hockey, lacrosse, soccer and wrestling.

It is important that you talk with your insurance provider to discuss archery activity-based rates and coverage.

**INSURANCE SAFETY RATINGS**

<table>
<thead>
<tr>
<th></th>
<th>0-10 YEARS OLD</th>
<th>11-16 YEARS OLD</th>
<th>17-20+ YEARS OLD</th>
<th>AVERAGE ACROSS ALL AGES (BOTH GENDERS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FOOTBALL</strong></td>
<td>54.4 [F] 67.0 [M]</td>
<td>61.2 [F] 76.5 [M]</td>
<td>58.0 [F] 85.0 [M]</td>
<td>68.8</td>
</tr>
<tr>
<td><strong>BASEBALL</strong></td>
<td>32.6 [F] 40.8 [M]</td>
<td>38.7 [F] 48.9 [M]</td>
<td>40.8 [F] 51.0 [M]</td>
<td>41.3</td>
</tr>
<tr>
<td><strong>SOCCER</strong></td>
<td>21.0 [F] 27.2 [M]</td>
<td>24.5 [F] 30.6 [M]</td>
<td>27.2 [F] 34.0 [M]</td>
<td>27.5</td>
</tr>
</tbody>
</table>

Table 2. AmPmInsure’s Injury Calculator - All UNFIT participants 21-59 and Seniors 60+

We also collected similar data for adults (ages 21 to 59) and seniors (ages 60+), shown in TABLE 3. Again, all participants represented were rated “unfit,” and values are percentages representing injury chances.

**CHANCE OF INJURY FOR ADULTS + SENIORS**

<table>
<thead>
<tr>
<th>Sport</th>
<th>21-59 ADULT AVERAGE (BOTH GENDERS)</th>
<th>60+ SENIOR AVERAGE (BOTH GENDERS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GOLF</strong></td>
<td>67.5 [F] 99.0 [M]</td>
<td>67.5 [F] 99.0 [M]</td>
</tr>
<tr>
<td><strong>MOUNTAIN BIKING</strong></td>
<td>57.0 [F] 99.0 [M]</td>
<td>57.0 [F] 99.0 [M]</td>
</tr>
<tr>
<td><strong>MARTIAL ARTS</strong></td>
<td>54.8 [F] 99.0 [M]</td>
<td>54.8 [F] 99.0 [M]</td>
</tr>
<tr>
<td><strong>ARCHERY</strong></td>
<td>11.0 [F] 24.5 [M]</td>
<td>11.0 [F] 24.5 [M]</td>
</tr>
<tr>
<td><strong>ANGLING</strong></td>
<td>8.3 [F] 18.4 [M]</td>
<td>8.3 [F] 18.4 [M]</td>
</tr>
</tbody>
</table>

Table 3. AmPmInsure’s Injury Calculator - All UNFIT participants 21-59 and Seniors 60+

**SPORTS INJURY CALCULATOR**

AmPmInsure is an online insurance community that provides professional and expert connections within the insurance network to assist with coverage options, including sporting activities. AmPmInsure offers a Sports Injury Calculator to estimate the chance of injury for sport participants of different ages and fitness levels.

**WHAT ARE THE CHANCES A YOUTH WILL GET INJURED WHILE PARTICIPATING IN ARCHERY?**

Very unlikely. When calculated for a participant with a fitness level rated “unfit,” ages 0-20, and averaging the injury risk for both genders, the person has a 5.5 percent injury chance participating in archery. AmPmInsure gives that same person a 35.8 percent chance of injury when participating in golf and a 68.8 percent injury chance for football.

“IT TEACH OVER 600 KIDS A YEAR. WE HAVE NOT HAD ANY INJURIES OR SAFETY CONCERNS. HAVING THE KIDS (AND ADULTS) REVIEW THE RULES MAKES EVERYONE TAKE OWNERSHIP IN CLASS SAFETY. ARCHERY IS THE ONE SPORT THAT’S TRULY OPEN TO THE WIDEST AGE BRACKET. PEOPLE FROM AGE 5 TO 80+ PLUS HAVE LEARNED ARCHERY FROM US. KIDS, PARENTS AND GRANDPARENTS SHOOT TOGETHER AND HAVE A GREAT EXPERIENCE.”

JOHN CORRIEVAU
Director of Parks and Recreation, Level 3-NTS Coach
Saginaw, Michigan
CERTIFICATION COURSES
Certification courses cover several topics that address archery safety.

**RANGE SETUP & SAFETY**
Safe ranges feature many lengths and widths, and are found in various venues indoors and outdoors. Key features of certification courses include:

- Range rules and safety signage
- Safe range design and set-up
- Marked safety lines – waiting line, shooting line, target line
- Backstop and safety curtains.

**TEACHING A CLASS**
Certification focuses on multiple areas to help instructors develop a safe process for running their classes. The subjects include:

- Running a safe range
- Whistle commands
- Steps of shooting
- Teaching your first archery class

**EQUIPMENT**
Certification courses review equipment topics and allow time for participants to become familiar with the gear. This includes:

- Equipment inspection and basic repair
- Utilizing local archery retailers for all equipment needs
- Outfitting a class with equipment

**RESOURCES FOR ARCHERY PROGRAMS**

**GET CERTIFIED:**
Find instructor certification information: www.usarchery.org

**FIND LOCAL RESOURCES:**
www.archery360.com. Use the locator tool to find archery retailers, clubs and ranges near you while also enjoying articles, videos and other archery-related information.

**DEVELOP AN ARCHERY RANGE:**
These guides help people build safe archery ranges. archerytrade.org/grow-archery/archery-guide/

REFERENCES
- THE SPORTS & FITNESS INDUSTRY ASSOCIATION (SFIA)
  942 Wayne Avenue, Suite 3B0, Silver Spring, MD 20910
  301-495-6321
  www.sfia.org
- U.S. CONSUMER PRODUCT SAFETY COMMISSION (CPSC)
  4330 East West Highway, Bethesda, MD 20814
  800-638-2772
  www.cpsc.gov
- NATIONAL ELECTRONIC INJURY SURVEILLANCE SYSTEM (NEISS)
  U.S. Consumer Product Safety Commission; 4330 East West Highway, Bethesda, MD 20814
  301-504-7923
  www.cpsc.gov/cgibin/NEISSQuery/home.aspx
- AMPMINSURE SPORTS INJURY CALCULATOR
  www.ampmisure.org/calculators/sports.html
- CRAFT AGENCY INC
  2533 Spring Arbor Road, P.O. Box 1187, Jackson, MI 49204
  517-787-0077
  www.craftagency.com
- HOBSON INSURANCE
  104 Central Avenue, P.O. Box 251, Hobson, MT 59452
  406-423-5428
  www.businessquote.com
- ATA ARCHERY PARTICIPATION REPORTS
  www.archerytrade.org

"ARCHERY INSTRUCTION CERTIFICATIONS HAVE HIGH VALUE. YOU CAN LEARN THINGS FROM EACH CERTIFICATION THAT HELPS YOU DELIVER THE BEST INSTRUCTION AND CLASSES. THE CERTIFICATION PROCESS ALSO TEACHES YOU HOW TO ACCOMMODATE ALL SHOOTERS REGARDLESS OF AGE, SIZE OR DISABILITY. MY GREATEST ACCOMPLISHMENT WAS OBSERVING ONE OF MY STUDENTS WITH AUTISM IMPROVE EACH WEEK AND SHOOT SAFELY. SHE LOVED IT!"
RACHEL CRUME
Archery Instructor, Level 2 Instructor
Louisville, Kentucky

KEEPING ARCHERY SAFE

INSTRUCTOR CERTIFICATION
Instructor certification takes center stage for maintaining archery’s safe track record. Archery instructors and coaches build the foundation for safe programs. Certification courses provide instructors valuable safety knowledge and hands-on experience and make archery programs more marketable.

When pursuing instructor certification, expect to cover numerous topics to help keep programs safe and successful. Certification courses are tested and utilized to maximize safety for participants and spectators in group and individual settings.