



MARSHLAND ARCHERS BEGINNERS SESSION TWO

Freestyle Notes

One of the main difference between barebow and freestyle shooting, is the placement of your fingers. Observe that with freestyle you have one finger above the nocking points and two beneath.

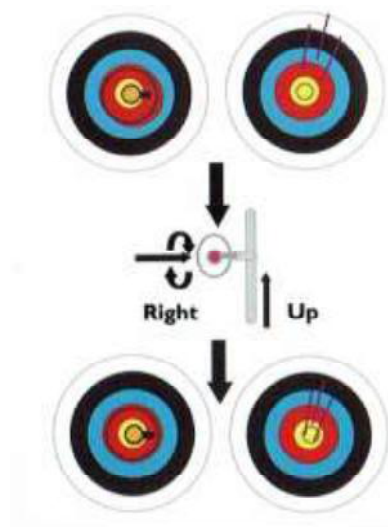


Freestyle finger placement



Freestyle shooting style

- Set your sight so that the vertical distance from arrow rest to sight is equal to the distance from your chin and eye.
- Shoot a series of 3 arrows aiming at gold.
- If the group are off centre, adjust your sight in the direction of the group and repeat until you get a good grouping.



Safety Rules

- All shooting will be controlled by a Field Captain, who will signal with a whistle or call.
- 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.
- When junior archers (i.e. archers under 18) are shooting individually or in groups there must be a minimum of two senior members present at all times.
- 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 lookout.
- Warning notices must be displayed at all entrances and points of access to prevent members of the public straying into the shooting area.
- A bow is never pointed in the direction of any other person.
- A bow with an arrow on the string is never drawn anywhere except on the shooting line and in the direction of the target.
- Shooting will not commence till the “**clear to shoot**” signal is given (**1 blow on the whistle**).
- No person shall move forward from the shooting line towards the targets to collect arrows until the “**safe to collect**” signal is given (**3 blows on the whistle**).
- If any person moves towards the target area or any other danger is present while shooting is in progress, the call “**FAST**” shall be given by anyone seeing the danger. This call and/or repeated blasts on a whistle (**4 of more blows on the whistle**) means that all shooting must stop immediately. On hearing this call, all archers must immediately stop shooting, returning all un-shot arrows to the quiver and step back to the waiting line. Shooting will only commence once the danger has been cleared by the Field Captain and the “**clear to shoot**” (**1 blow on the whistle**) signal is given.
- Anyone not actually shooting must keep at least 5 yards behind the shooting line where possible.
- When all arrows have been shot and the signal given, walk towards the targets looking carefully for any arrows that have fallen short, it is everyone's responsibility to check for arrows no matter if they are their own or not. Failure to do this may result in damaged arrows or injury to ankles or shins.
- When an archer is drawing his arrows from the ground or target, stand to one side. Anyone standing behind the archer who is drawing his arrows from the target may be struck in the face by the nock of a carelessly drawn arrow.

General Safety Guidelines

- Metal badges, jewellery, bracelets, exposed piercings and strings of beads should be removed before shooting as these can be entangled in the bowstring. Loose clothing should be avoided; a long-sleeved close-fitting jumper or pullover is ideal for shooting.
- Long hair must be tied back and kept from being entangled in the bow string, this can be best served with a non-obstructing hat especially when shooting outdoors.
- Open toe shoes, sandals, flip flops and other inappropriate footwear must never be worn on the shooting range. A comfortable pair of trainers or walking boot is recommended.
- When bracing a bow, use a bow stringer. Always check that the string is correctly located in the nocks before and after releasing pressure on the bow limbs.
- Never draw and release a bow without an arrow on the string as this can damage or break the bow.
- Do not use bent or kinked aluminium arrows. Constantly examine wooden arrows, if they show signs of splitting or cracking they should be discarded immediately.
- Strings showing signs of wear should be changed. Some strings show that they are nearing breaking point as the bracing height drops a little after each shot.
- Equipment should not be left lying on the ground if at all possible. Always use a bow stand to reduce chances of damage to the bow and harm to others.
- Arrows must be kept in a quiver or arrow tube when not shooting.

Equipment Safety

Members should be aware that if not regularly maintained archery equipment can become dangerous to use and all efforts must be taken to keep it in good working condition. If a member finds a piece of club equipment that doesn't look safe or is broken they must follow the following procedure

- Report the fault to the Equipment Officer or committee member
- Complete a Faulty Equipment form
- If possible store item separately from other items

What to Look for?

- Check your handle riser and limbs for any cracks.
- Check for twisted limbs.
- Check for nocking points that missing or not positioned correctly.
- Check the bowstring for loose or unravelling servings
- Check for frayed strands.
- Check wooden arrows that are cracked.
- Check aluminium arrow shafts are not bent.
- Check for missing, loose or damaged fletching's.
- Check bosses are not split or broken
- Check stands are bolts and screws haven't worked loose.

Dress Code

The Club dress code follows that of Archery GB (GNAS), full details of which can be found in the Archery GB (GNAS) Rules of Shooting (*Rule 307*).

The dress code is not usually adhered to at the Club shoots but you will need to wear it at any tournaments you enter and public events.

Club Etiquette

- Archers should help setup and take down the range before their own equipment
- Does not talk in a loud voice whilst others are shooting.
- Does not talk to another competitor who prefers to shoot undisturbed.
- Does not make any exclamation on the shooting line which might disconcert a neighbour in the act of shooting.
- Does not use mobile devices on the shooting line other than for the purpose of scoring or improving their archery technique.
- Does not go behind the target to retrieve his/her arrows before his/her score has been recorded.
- Does not walk up and down the shooting line comparing scores.
- Does not touch anyone else's equipment without the owner's permission.
- Does not leave litter.
- When calling the scores does so in groups of three, highest first, for example '7-7-5' pause '5-3-miss'.
- If you break another archers arrow or in-deed any of their equipment through your own carelessness, make arrangement to pay for the damage without question.
- Thanks the Field Captain at the end of a shoot for their work on the range.
- Fosters a good healthy attitude to their sport