

# SAFETY on the ARCHERY RANGE

No matter what form of archery you participate in it's important to remember that a bow, if used carelessly, can cause serious harm and safety rules should be applied when shooting. A common-sense approach to safety should always be taken, and no one should be put at any risk by foolish or inconsiderate actions. Keeping the archery range safe is everybody's responsibility.

The following guidelines are by no means the only safety aspects of archery you will need to be aware of to make your day enjoyable and free from incident, but they will help in making you aware of the common-sense attitude to safety that needs to be adhered to when shooting.

- Fire arms are prohibited on ALL archery ranges.
- Never point a bow and arrow loaded or unloaded at another person. You should only point your bow at the target. It's not a toy it can cause serious injury.
- Don't shoot an arrow straight up into the air; you don't know where it's going to land. You could hit another person, or even yourself.
- Never shoot an arrow into the distance not knowing where it might land. It's possible you could hit someone if you do this.
- Never shoot an arrow at an unauthorised target such as a tin, cactus, drum barrel, ect.
- On field archery or 3-D ranges, be sure to stay on the marked path and travel only in the direction in which the targets are laid out while shooting is in progress. Going backwards on the trail or across an unmarked area could place you in the path of a flying arrow, resulting in serious injury.
- When drawing the bow, keep it level with the target. Drawing high and then lowering the bow could be very dangerous should a premature release accidentally happen.
- Shoot from the yardage markers only.
- Arrows should only be nocked on the shooting line and pointed in the direction of the targets.
- Targets should be set up in such a way that no person can be hit by a stray arrow.
- Backstops or nets should be used wherever possible.
- Check your arrows regularly for damage. If you find any that have defects break them or remove the nock to avoid using them accidentally.
- The Bow should be checked for twisting or cracking. If it's damaged in any way don't use it.
- Check the condition of your bowstring. It's cheaper to install a new string than to replace the bow.
- Always make sure the arrows you use are the correct length for your bow. If you are unsure ask!
- No one should stand at the target end when shooting is taking place, no matter how far off to the side they might be.
- If two or more archers are shooting they should stand side by side. Never stand in front of anyone who is shooting.
- Before walking to the target to retrieve arrows make sure everyone has finished shooting.
- When pulling arrows from the target make sure nobody is standing behind you or they could get the rear end of an arrow in the eye or face.
- Stop shooting if there is the slightest chance of anyone crossing in front of you or the target.
- Loose clothing or anything on the clothing that might catch the bow string should not be worn or should be held back by a bracer and/or chest guard. Long hair should be tied back and neckerchiefs removed. Long, dangling or intrusive earrings should also be removed.
- If you are looking for a lost arrow behind a target, always leave your bow leaning against the target face so that it will be seen by other archers coming up. If possible, have one archer from your group stand in front of the target to prevent anyone from shooting.
- Never run towards the target. Walk slowly looking for arrows that may have fallen short.
- Children must be supervised at all time. Even if they are not shooting, they should be supervised to make sure they don't stray into the path of an arrow.
- Inexperienced archers should not shoot without supervision.
- Alcohol is prohibited on ALL ranges.
- Don't just assume things are safe. MAKE SURE.

- IF YOU OBSERVE ANY UNSAFE CONDITIONS, REPORT THEM IMMEDIATELY.

# ETIQUETTE on the ARCHERY RANGE

There are many things that you can't do on the archery range because it is against the rules. On the other hand, there are things that you shouldn't do because of range etiquette. For the most part common sense can help you do the right thing and avoid having a marshal or another archer expressing their unhappiness towards your actions. The problem is that common sense works much better if you have some experience level with the situation. If you are new to archery you don't have this experience to draw from. The following should help you not make someone else part of your learning curve.

- Do keep distractions such as laughing, talking while other archers are on the shooting line to a minimum.
- Pay attention to where you place your feet and don't walk on, or stand on someone's equipment. In turn, use lots of common sense to ensure you don't place your equipment in a position for it to be stood or walked upon.
- DO pick up any of your arrows lying short of the target.
- An archer should place one hand on the target face and one hand on the arrow shaft close to the target face when pulling out their arrows.
- DO NOT yank your arrows out, remove them by "worrying" them out.
- DO NOT handle or touch anyone's equipment unless you have asked and received the owner's permission.
- It is not usually proper to ask someone to shoot their equipment. Serious shooters spend time and money to fine tune their equipment. You can lose or break an arrow that is part of a matched set that can't be replaced that easily.
- If you find someone else's shaft buried in the grass and decided to pull it out, do it carefully. Pull it out in the direction it was flying. This will keep from messing up the fletching any more than necessary. You may lay it on the ground where you found it, carefully holding it near the point (if the ground is soft) stick it into the ground to be better seen, take it back to the target, or return it to the line. Whatever method you use, pay attention to how you treat other people's equipment.

# Chapter 11 - Athletes Equipment

This article lays down the type of equipment athletes are permitted to use when shooting in World Archery competitions. It is the athlete's responsibility to use equipment which complies with the rules. Any athlete found to be using equipment contravening World Archery Rules may have his scores disqualified. Described below are the specific regulations that apply to each division followed by the regulations that apply to all divisions.

For the **Recurve Division**, the following items are permitted:

- A bow of any type provided it complies with the common meaning of the word "bow" as used in target archery, that is, an instrument consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in a tip with a string nock. The bow is braced for use by a single string attached directly between the two string nocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string.
  - Multi-coloured bow risers and trademarks located on the inside of the upper and lower limb or on the riser are permitted.
  - Risers including a brace are permitted provided the brace does not consistently touch the athlete's hand or wrist.
- A bowstring of any number of strands.
  - Which may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. In addition, one attachment is permitted on the string to serve as a lip or nose mark. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.
- An arrow rest, which can be adjustable.
  - Any moveable pressure button, pressure point or arrow plate may be used on the bow provided they are not electric or electronic and do not offer any additional aid in aiming. The pressure point may not be placed any further back than 4cm (inside) from the throat of the handle (pivot point) of the bow.
- One draw check indicator, audible, tactile or visual may be used provided it is not electric or electronic.
- A bow sight is permitted, but at no time may more than one such device be used.
  - It shall not incorporate a prism, lens, or any other magnifying device, levelling, electric or electronic devices nor shall it provide for more than one sighting point.
  - The overall length of the sighting circle or point (tunnel, tube, sighting pin or other corresponding extended component) shall not exceed 2cm in the line of vision of the athlete.

- A sight may be attached to the bow for the purpose of aiming and which may allow for wind age adjustment as well as an elevation setting. It is subject to the following provisions:
  - A bow sight extension is permitted;
  - A plate or tape with distance marking may be mounted on the sight as a guide for marking, but shall not in any way offer any additional aid;
  - The sight point may be a fibre optic sight pin. The total length of the fibre optic pin may exceed 2cm, provided that one end is attached outside the athlete's line of vision at full draw, while the part within the athlete's line of vision does not exceed 2cm in a straight line before bending. It can only provide one illuminated aiming spot at full draw. The fibre optic pin is measured independently of the tunnel.
  
- Stabilisers and torque flight compensators on the bow are permitted.
  - They may not:
    - Serve as a string guide;
    - Touch anything but the bow;
    - Represent any danger or obstruction to other athletes.
  
- Arrows of any type may be used provided they comply with the common meaning of the word "arrow" as used in target archery, and do not cause undue damage to target faces or butts.
  - An arrow consists of a shaft with a tip (point), nocks, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat - nock hole where the string sits - of the nock to the end of the wrap); the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used in any end shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any. Tracer nocks (electrically/electronically lighted arrow nocks) are not allowed.
  
- Finger protection in the form of finger stalls or tips, gloves, or shooting tab or tape, to draw and release the string is permitted, provided they do not incorporate any device that shall assist the athlete to draw and release the string.
  - A separator between the fingers to prevent pinching the arrow may be used. An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is permitted. On the bow hand an ordinary glove, mitten or similar item may be worn but shall not be attached to the grip of the bow.
  
- Field glasses, telescopes and other visual aids may be used for spotting arrows:
  - Provided they do not represent any obstruction to other athletes.
  - Scopes shall be adjusted so the highest portion of the scope is no higher than the armpit of the athletes.
  - Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro-hole lenses, or similar devices, nor may they be marked in any way that can assist in aiming.
  - Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.
  
- Accessories are permitted:

- Including arm guard, chest protector, bow sling and belt or ground quiver. Foot markers may not protrude more than 1cm from the ground. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting line position or protrude more than 2cm past the footprint of the shoe. Also permitted are rubberized bow limb dampening devices. Wind indicators (non-electric or nonelectronic) may be attached to the equipment used on the shooting line (e.g. light ribbons) electronic wind indicators may be used behind the waiting line.

For the **Compound Division**, the following equipment is described. All types of additional devices are permitted, unless they are electric, electronic, compromise safety or create unfair disturbance to other athletes.

- A Compound Bow, which may be of a shoot-through type riser, is one where the draw is mechanically varied by a system of pulleys or cams. The bow is braced for use by bowstring(s) attached directly to the cams, string nocks of the bow limbs, cables or by other means as may be applicable to the design.
  - The peak draw weight shall not exceed 60 lbs.
  - Cable guards are permitted.
  - A brace or split cables are permitted, provided they do not consistently touch the athlete's hand, wrist or bow arm.
  - A bowstring of any type which may include multiple serving/s to accommodate nocking points and include other attachments such as a lip or nose mark, a peep-hole, a peep-hole 'hold-in-line' device, loop bowstring, etc.
  - The pressure point of the arrow rest which can be adjustable shall be placed no further back than 6cm (inside) from the throat of the handle (pivot point of the bow).
  - Stabilizers may not touch anything but the bow.
- Draw check indicators, audible and/or tactile and/or visual may be used provided it is not electric or electronic.
- A bow sight attached to the bow.
  - Which may allow for wind age adjustment as well as an elevation setting, and which may also incorporate a levelling device, and/or magnifying lenses and/or prisms.
  - The sight points may be a fibre optic sight pin and/or a chemical glow stick. The glow stick shall be encased so as not to disturb other athletes.
- A release aid may be used provided it is not attached in any way to the bow. Any type of finger protection may be used.
- "Peep Elimination" sights can be used in Compound Divisions and assuming such a sight does not incorporate any electric or electronic device.
- For athletes of **both divisions** the following equipment is not permitted:
  - Any electronic or electrical device that can be attached to the athlete's equipment.
  - Any electronic communication device, headsets or noise reduction devices in front of the waiting line provided that the use of software that simply allows the athlete to plot arrow impacts on the target as one would on printed paper used for the same purpose is permitted. No software that aids in bow sight

adjustments may be used anywhere on the archery field (which includes any space either in front of or behind the shooting line up to the spectator area).

- Athlete equipment shall not include camouflage colours of any kind.
- For Olympic Games, no electronic communication device is allowed on the competition field unless required by the Organising Committee.

## Chapter 20 - Dress Regulations

World Championships are majestic occasions, honoured by the attendance of many dignitaries. All athletes, Team Managers and Officials participating in the Opening and Closing Ceremonies should be dressed in the uniform of their respective Member Association. During the Olympic Games, World Championships and World Cup Events, athletes and team officials shall dress in sports clothing on the field of play.

- All members of one team by category shall be dressed in the same team uniform. The teams of one country may wear different design and colour uniforms. Team officials may wear a different style but should wear the same colours and should be easily identified as the official of their team;
- Women shall wear dresses, skirts, divided skirts, shorts (these may not be shorter than the athlete's fingertips when the arms and fingers are extended at the athlete's side) or trousers, and blouses or tops (covering the front and back of the body, be fixed over each shoulder while still covering the midriff when she is at full draw);
- Men shall wear trousers or shorts (these may not be shorter than the athlete's fingertips when the arms and fingers are extended at the athlete's side) and long or short sleeved shirts (covering the midriff when at full draw);
- No denim or jeans, regardless the colour, or camouflage clothes and equipment may be worn nor any oversize or baggy type pants or shorts;
- During the Team and Mixed Team match play competition the same colour and style shirt/blouse/top and the same colour pants/shorts/skirts shall be worn;
- Due to weather conditions, protective clothing such as sweaters, track suits, raingear, etc. may be worn following approval by the Technical Delegate of the event or, in his absence, the Chairperson of the Tournament Judge Commission;
- Headwear is optional.
- Sport shoes shall be worn by all athletes and officials except for disabled athletes when included on their classification card. Sport shoes may be different styles but shall cover the entire foot.
- No advertising of any kind whatsoever shall appear on clothing worn by the athletes or officials at any time during the tournament except as specified in the eligibility rules.

# INDEMNITY

Whereas I, as per name list hereto attached, wish to participate in or visit as a guest to **PAARL VALLEY ARCHERY CLUB**.

Therefore, I hereby –

- Acknowledge that I am aware of or will familiarise myself with the nature and extent of the Sport and the risks and dangers to which I may be exposed as a result of my participation in the Sport;
- Voluntarily assume the risks and dangers to which I may be exposed as a result of my participation in the Sport in my capacity as a participant, training official or spectator;
- Agree not to hold liable, indemnify and keep indemnified the Western Cape Archery Federation, Paarl Valley Archery Club and SANAA, and/or other involved parties, against all injury, loss, damage, costs and/or expenses which I and/or any other person may sustain or incur as a result of my participation in the Sport.

Thus, done and signed at **PAARL** on this \_\_\_\_ day of \_\_\_\_\_  
2017.

**NAME & SURNAME**

**SIGNATURE**

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