

UW Archery Club Rules and Guidelines (Rangemaster Version)

Rangemasters: Every point of this document must be mentioned during the introductory lesson. A version of this document with rangemaster annotations removed may be found online.

Rules

1. Shooting will commence only when the range has opened by a rangemaster.
2. When shooting, archers must straddle the shooting line at all times.
3. Nocking an arrow can only be done on the shooting line, after FIRE has been called. Arrows can only be retrieved after CLEAR has been called. Archers must stop all shooting when HOLD has been called.
4. Do NOT “dry fire” the bow.
5. Do NOT turn around with arrow nocked on the bow.
6. Do NOT nock arrows with the bow horizontal, keep the bow upright.
7. Do NOT crossfire, shoot only within your lane.
8. Do NOT run inside the range.
9. Do NOT pick up arrows that have been dropped in front of the shooting line while shooting is in session.
10. Always check equipment for damage. Check bows after a dry fire. Check arrows after they've been struck, or have struck a hard object such as a target stand.
11. No crossbows, broadheads, firearms, or lasers.
12. Never handle another person's equipment without permission.
13. No sky drawing.
14. Anyone constantly violating the rules, or performing actions which jeopardize the safety of other members, may be banned from shooting for the day. Anyone visibly inebriated will be banned from shooting for the day. A three-strike system is in place for permanent ban from membership.

Line calls

“Take the line”

Archers are permitted to pick up their bows and stand at the shooting line.

Rangemasters: stress the point that archers must straddle the line. It lets us monitor everybody who is shooting with no obstruction.

“Fire”

Archers can nock an arrow on their bow and start shooting.

“Clear”

Archers can retrieve their arrows.

Do not bring bows down range. Pick up all arrows in front of and behind the target. Promptly return back behind the shooting line so that we can start another round.

“Hold”

Stop all shooting. If you're at full draw, slowly let down the bow tension. Remove the arrow from the bow. Step back from the shooting line and await further instruction.

Any archer who witnesses a dangerous action or sees somebody in front of the shooting line while shooting is in session should make this call.

Before coming to shoot

1. Clothing and accessories:
 - Ideally, wear tight fitting clothing such as a t-shirt, or a long sleeve pullover.
 - Button/zip up sweaters/jackets.
 - If a hijab is worn, the ends must be secured.
 - DON'T wear baggy clothes, or clothes with accessories that can be torn off.
 - DON'T wear a scarf, dangling earrings, nose rings or other jewelery that could get caught by the string.
2. Tie back long hair.
3. Check the website @ archery.uwaterloo.ca in case of cancellation.

Etiquette

1. Handle all equipment with care.
2. Do not coach beginner archers unless you are an experienced archer yourself.
3. Be mindful of personal equipment. Do not shoot someone's bow without their permission, and do not retrieve arrows that are not yours.
4. Do not distract archers who are shooting, especially physically.
5. Share the club equipment.
6. If you've had your turn to shoot, wait until the next round. Do not drag out the length of a round while other members are waiting patiently for the next round. If you're the last one on the shooting line, finish your arrows quickly or shoot less arrows.
7. Targets will be set up at 10m, 18m, and sometimes 25m. Beginners are asked to start at 10m. Advance to longer distances at your own discretion. If you are using club arrows, be reasonably

confident that you will hit the target 99% of the time. Archers that shoot at longer distances and constantly miss arrows will be asked to move back to a shorter distance.

Saturday

Saturday sessions are for experienced archers. No new memberships or introductory lessons will be done on Saturdays. If you wish to attend Saturday sessions, you must obtain permission from a rangemaster. Your membership card will be signed to indicate this permission.

Rangemasters: Saturday approval is to your discretion. Please test the candidate for knowledge of the rules and line calls.

Getting ready to shoot

Rangemasters: please do all of these things, to the best of your ability.

1. *Explain the parts of the bow and arrow.*
2. *Explain the function of the sight, and how to aim without it.*
3. *Introduce the finger tab and armguard and explain their functions.*
4. *Explain common ways equipment can be damaged, and what to do. Go over the equipment safety section below.*
5. *Perform an eye dominance test.*
6. *Explain basic technique, and refer to the 10 steps of archery posted on the lockers.*

First few rounds

1. *Supervise all your archers for at least 3 rounds, making sure they adhere to all the rules.*
 2. *Demonstrate arrow retrieval.*
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Equipment Safety

Arrow inspection

1. Do a visual inspection first. Do NOT run over arrow with hand, in case of splinters.
2. Hold the ends of the arrow, and bend slightly. Listen for cracking noises.
3. If assessment cannot be made, turn in the arrows to a rangemaster.

Rangemasters: demonstrate this technique.

Arrow retrieval

1. First retrieve arrows in front of the target, then the ones behind the target, and finally those on the target.
2. Make sure no one is standing directly behind the arrows as they're being pulled.
3. Do not stand behind someone as they're pulling arrows.
4. Arrows should be pulled straight back to avoid bending. To do so, place one hand on the target close to the arrows, and hold the base of the arrow as you pull.

Rangemasters: demonstrate this technique on the range.

Stringing

- Do NOT string/unstring a bow without knowing how.
 - Do NOT teach others how to string/unstring a bow.
 - On or after your second day, you may ask a rangemaster to teach you how to string/unstring.
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