



Stanford Archery Community Programs

What to Expect in a Safety Lesson



Who: All students new to
Stanford Archery
Community Programs
(JOAD, Private Lessons)

Duration: ~50 minutes

Coaching Level: USAA Level
1 or higher

Cost: Varies based on level
of coach (starts at \$50)



Components of the Lesson in Order of Instruction

- Eye dominance to determine handedness of bow
- Safety Introduction
 - Safety gear: arm guard, finger tab
 - No dry firing!
 - Stanford Archery Range whistle system
- Get fitted w/ equipment (if needed)
 - Bow, arrows, & safety gear
- Basic shooting
 - Stance
 - Nocking arrows
 - Draw/release

Once the student understands how to shoot and feels comfortable with the equipment, the remaining time is used for the student to practice basic form with the help of the coach.

Questions/Concerns?

Send us an email at stanfordarchery@stanford.edu or visit
our website archery.stanford.edu!