



OUTDOOR RECREATION AWARD



PROJECT: ARCHERY

GOALS

- A. ARCHERY BASICS:** Identify 4 safety tips and 3 key terms for archery.
 - B. ARCHERY PRACTICE:** Visit an archery range and practice shooting targets.
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A. ARCHERY BASICS

Archery is a recreational sport that became popular in the United States in the 1950's. Originally archery was used for survival and hunting. In many outdoor recreation centers, camps, and retreats, basic archery is available.

Part 1—Safety First (Identify 4.)

Safety is vital to learning how to shoot a bow and arrow. Please adhere to the following guidelines.

1. Always have adult supervision
2. Aim only at targets—never people or animals.
3. When you turn to talk to someone, make sure your arrow tip stays pointed at your target and does not drift. When in doubt, point your arrow tip to the ground.
4. Learn the safety protocols for your range so you know when it is safe to retrieve arrows.
 - Have the leader call “OPEN RANGE” to open shooting
 - Call “CLOSED RANGE” when everyone is done and it is safe to retrieve arrows.

Part 2—Archery Equipment (Identify 4.)

Rent equipment from a local sporting goods store, recreation area, boy scout camp, or archery range.

- Bow:* Look for a youth bow that will work with right or left-handed shooters.
- Arrows:* Find youth arrows that are full length and lightweight. Some arrows have plastic veins for feathers; others use real bird feathers.
- Target:* Find, print, or purchase a target (placing a hay bale or soft backing behind the target is a good safety practice).
- Other gear:* Some rental places include a finger guard or armband to help with grip and backlash.

BOW TIPS:

- Seek a bow for your height and arm strength.
- Fit to your dominant hand and dominant eye. When in doubt, pick a bow that fits your dominant eye.
- Get help measuring your bow length, arrow length, and draw length.

B. ARCHERY PRACTICE

1. *Prepare:* Make sure you are shooting using your dominant eye and hand. If possible, use an arm guard on your bow arm.
2. *Declare shoot area “OPEN RANGE”:* Wait for the adult range leader to declare the range is open and safe to shoot.
- 3.



4. *Notch the arrow to the string and bow:* On the back of the arrow, identify the odd-colored feather. That feather should always point away from the bow (if you don't, that feather will get shaved off when the arrow is shot). Then, pull the notch on the back of the arrow until it connects to the string. Let the middle of the arrow rest on a notch halfway up the bow, called the arrow rest.
5. *Position fingers on the string:* Use three fingers to grip the string by the arrow notch. Use the tips of your finger (positioning one above and two below) and put a little tension on the string, not drawing back. Grip the bow firmly with your other hand.
6. *Position your body:* Relax your shoulders, tense your core (abdomen), and raise your bow! Breathe; relax your head and neck. Pull your stomach tight and keep your shoulders low and back. Raise the bow to shoulder height.
7. *Draw and anchor your shot to your chin:* Tighten your drawing arm's shoulder blade muscles, then draw the string back until your drawing hand's thumb is just below your chin. Anchor your thumb to your chin or the corner of your mouth. Take a breath.
8. *Aim:* Relax your face, then gaze with your dominant eye down the range. Focus on the center of the target. If your bow has a "sight," make sure it is set for the appropriate distance, and center your target in the sight. Continue breathing deeply.
9. *Protect your forearm:* If you aren't wearing an arm guard, make sure that your bow arm has a slight bend in the elbow and is not too close to the string. That will help avoid being hit from the string release.
10. *Release:* Release by relaxing the draw fingers, letting the string slip forward. Repeat steps 1 - 10.
11. *Shoot, and retrieve your arrows:* Once everyone has shot their full set of arrows, wait for the adult leader to declare "CLOSED RANGE," allowing the shooters to retrieve their arrows. Hold arrows at the base close to the target and pull firmly. Remember to score your arrows before removing.

RESEARCH MORE

- Look up online videos for "How to shoot a bow and arrow."
- Visit your local shooting range and take a lesson.
- Visit your local sporting goods store for help with archery gear.
- *Every Man's Guide to Outdoor Survival* by Dale Martin (p. 72-76: make your own bow and arrow)

My child has successfully completed the Project Goals for the topic—Archery.

Adult Signature: _____ Date: _____

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