

WIGHTBOWMEN

SAFETY RULES

All shooting will be controlled by a Field Captain who will signal with a whistle.

A bow is NEVER pointed in the direction of another person.

A bow with an arrow on the string is NEVER drawn anywhere except on the shooting line and then only in the direction of the target.

Shooting will not commence until the signal is given.

No person shall move forward from the shooting line towards the target until the signal is given.

If any person moves towards the target area whilst shooting is in progress, the call 'FAST' shall be given by anyone seeing the danger. This call, and/or a single blast on a whistle, means that all shooting must stop immediately. Shooting will only recommence when a further signal is given.

Anyone not shooting must keep at least 5 yards behind the shooting line. Conversation between archers not shooting should be quiet so as not to disturb those on the shooting line.

When all arrows have been shot and the signal given, WALK towards the targets looking carefully for any arrows that may have fallen short. Failing to do this may result in damage and injury.

Arrows must be withdrawn from the target or ground carefully or they may be damaged.

When an archer is drawing arrows from the target, stand at the side of the target. Anyone standing behind the archer who is drawing the arrows may be struck in the face by the nock of a carelessly drawn arrow.

GENERAL SAFETY HINTS

Metal badges, jewellery, bracelets and strings of beads should be removed before shooting as they can foul the bow string.

Loose clothing should be avoided, a long sleeved close-fitting jumper is ideal for shooting.

When bracing a bow, ensure that the string is correctly located in the nocks before releasing pressure onto the bow limbs.

NEVER loose a bow without an arrow on the string as this can damage or break the bow.

Do not use bent or kinked alloy arrows. Examine wooden and carbon arrows after each time they are shot and if they show signs of splitting or cracking, they should be discarded immediately.

Strings showing signs of wear should be changed. Some strings show they are near breaking point as the bracing height drops a little after each shot.

Equipment should never be left lying on the ground.