



# ARCHERY

## Safety Guide

Outdoor Activity Provider

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Checklist Items

## KEY BENEFITS

### Focus & Concentration

Enhances focus and concentration by requiring precise aiming and sustained attention during shooting.

### Upper Body Strength

Improves upper body strength and coordination through the repetitive motion of drawing and releasing the bow.

### Mental Discipline

Boosts mental discipline and patience by encouraging steady practice and consistent performance.

### Goal Achievement

Encourages goal-setting and achievement by setting and striving to meet specific shooting objectives.

**KEY HAZARDS & CONTROL MEASURES****Arrow Strike Injury**

- ✓ Clear range layout with safety zones
- ✓ No one downrange during shooting
- ✓ Controlled shooting with whistle commands
- ✓ Adequate backstop netting behind targets

**Equipment Failure**

- ✓ Equipment inspection before each session
- ✓ Bow strings inspected for wear
- ✓ Arrows checked for cracks and damage
- ✓ Damaged equipment removed immediately

**Arrow Collection Injuries**

- ✓ Clear signals for safe collection
- ✓ Safe arrow extraction technique taught
- ✓ All bows placed down before collection
- ✓ Approach targets from the side

**Dry Fire Injury**

- ✓ Never draw bow without arrow nocked
- ✓ Supervision of novice archers
- ✓ Clear instruction on dry fire dangers
- ✓ Immediate removal of damaged equipment

**PRE-SESSION SAFETY CHECKLIST****Risk Assessment**

- |  |   |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures |   |

**Range**

- |  |  |
|--|--|
| <input type="checkbox"/> Safety zones marked       | <input type="checkbox"/> Targets securely positioned |
| <input type="checkbox"/> Backstop netting in place | <input type="checkbox"/> Ground clear of obstacles   |

**Equipment**

- |  |  |
|--|--|
| <input type="checkbox"/> Bows inspected            | <input type="checkbox"/> Arrows checked for damage |
| <input type="checkbox"/> Strings in good condition | <input type="checkbox"/> Arm guards available      |

**Participants**

- |  |  |
|--|--|
| <input type="checkbox"/> Safety briefing completed | <input type="checkbox"/> Whistle commands understood |
| <input type="checkbox"/> Appropriate clothing worn | <input type="checkbox"/> Jewellery removed           |

**Supervision**

- |   |   |
|---|---|
| <input type="checkbox"/> Qualified instructor present | <input type="checkbox"/> Ratios appropriate         |
| <input type="checkbox"/> First aid kit available      | <input type="checkbox"/> Emergency procedures known |



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