



ARCHERY

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KEY BENEFITS

Focus & Concentration

Improves focus, concentration, and hand-eye coordination through precision shooting.

Self-Discipline

Builds self-discipline, patience, and mental resilience.

Physical Strength

Develops upper body strength and core stability.

Achievement

Provides clear progression and sense of achievement through skill development.

KEY HAZARDS & CONTROL MEASURES**Arrow Injuries**

- ✓ Clear range layout with adequate backstop
- ✓ Clear commands for shooting and retrieval
- ✓ Strict shooting line discipline
- ✓ No one downrange when shooting

Range Intrusion

- ✓ Clear barriers around range
- ✓ Whistle or flag signals for range control
- ✓ Warning signs displayed
- ✓ Marshals controlling access

Equipment Failure

- ✓ Regular equipment inspection
- ✓ Arm guards worn to prevent string slap
- ✓ Check arrows for damage before use
- ✓ Never dry-fire bows

Arrow Retrieval

- ✓ All bows down before retrieval
- ✓ Stand to side when pulling arrows
- ✓ Walk don't run to targets
- ✓ Check behind targets before pulling



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