RISK ASSESSMENT WIZARD



ARCHERY

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Mental Focus

Enhances mental focus and concentration essential for accurate aiming and shooting.

Upper Body Strength

Improves upper body strength and endurance with repetitive drawing and holding of the bow.

Hand-Eye Coordination

Develops hand-eye coordination and precision required for consistent shooting.

Patience & Discipline

Boosts patience and discipline through focused training and skill development.

Stability & Balance

Increases stability and balance necessary for maintaining proper shooting stance.

Stress Relief

Supports stress relief and mental well-being through engaging and meditative practice.

KEY HAZARDS & CONTROL MEASURES

Misfired Arrows

- ✔ Provide thorough instruction on proper aiming and shooting
- ✔ Supervise shooting sessions closely
- ✔ Use safety targets that minimize risk to bystanders
- ✔ Implement strict range rules and enforce consistently

Sharp Arrow Points

- ✔ Provide training on safe handling and transportation
- ✔ Enforce strict rules against reckless handling
- ✔ Use arrow bags or cases to protect points
- ✔ Supervise use and storage of arrows

Bowstring Injuries

- ✔ Teach proper bowstring handling techniques
- ✔ Encourage use of arm guards
- ✔ Provide training on safe nocking and releasing
- ✔ Regularly inspect bowstrings for wear

Arrow Retrieval

- ✔ Establish clear protocols for arrow retrieval
- ✔ All shooting stops before anyone approaches targets
- ✔ Designated times and areas for retrieval
- ✔ Supervise retrieval activities closely

Equipment Failure

- ✔ Regularly inspect all equipment for wear or damage
- ✔ Educate participants on proper maintenance
- ✔ Use high-quality, safety-certified equipment
- ✔ Remove defective equipment immediately

Arrow Rebounds

- ✔ Use targets designed to minimize rebound
- ✔ Educate on risks near reflective surfaces
- ✔ Position targets away from hard surfaces
- ✔ Supervise to ensure proper target placement

Inadequate Supervision

- ✔ Ensure qualified instructors are present
- ✔ Supervise closely to enforce safety rules
- ✔ Maintain appropriate participant-to-supervisor ratios
- ✔ Provide ongoing training for supervisors

Failure to Follow Rules

- ✔ Educate all participants on range rules
- ✔ Provide clear signage about safety protocols
- ✔ Enforce rules consistently and fairly
- ✔ Implement disciplinary measures for violations

Slips, Trips & Falls

- ✔ Conduct regular inspections of training area
- ✔ Use non-slip mats where appropriate
- ✔ Address slippery or uneven surfaces
- ✔ Encourage appropriate footwear

Overshooting Target

- ✔ Teach proper aiming techniques
- ✔ Implement adequate backstops
- ✔ Use high-quality targets that are easy to hit
- ✔ Designate clear safety zones beyond targets

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Brief all staff on key risks and emergency procedures
- [ ] Ensure all identified hazards have control measures in place

Range Setup

- [ ] Shooting line clearly marked
- [ ] Targets secure and positioned correctly
- [ ] Safety zones clear
- [ ] Warning signs displayed
- [ ] Waiting line established
- [ ] Backstop adequate
- [ ] Range barriers in place

Equipment

- [ ] Bows inspected and suitable
- [ ] Strings in good condition
- [ ] Finger protection available
- [ ] Targets in good condition
- [ ] Arrows checked for damage
- [ ] Arm guards available
- [ ] Arrow storage organised

Session Management

- [ ] Qualified instructor present
- [ ] Safety briefing prepared
- [ ] Participant abilities assessed
- [ ] Appropriate ratios maintained
- [ ] Range commands understood

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