



# ARCHERY

## Safety Guide

Sports Recreation

6

Key Benefits

40

Control Measures

22

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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