



FATIMA ELIZABETH ARCHERY CLUB

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Location:

Connaught School for Girls, Connaught Road, Leytonstone, E11 4AB—**Car Parking** in the school playground

Pre-Session Information

Thank you for choosing Fatima Elizabeth Archery Club (**FEAC**). In order for each participant to get the most out of their session, please read this Pre-Session information thoroughly before your session.

Preparation for your Archery session – clothing

- We recommend comfortable clothing which is snug around the chest and arms so as **not to get caught in the bowstring** (i.e. nothing too baggy or bulky as it can restrict shooting)
- Shoes should be **flat** and **closed-toe**.
- High heels, open-toe sandals, flip-flops or bare feet are not allowed.
- Please **remove jewellery** such as **long earrings**, **necklaces** and **arm bangles**.
- Long hair may need to be **tied back**.



Safety

Archery is a very safe sport and has fewer accidents yearly than Golf, Football or Fishing. **FEAC** will take every possible precaution to ensure you have a safe and enjoyable Archery session, however, like all activities there are some small risks that participants should be aware of.

Hazards

Although unlikely, hazards can include:

- Arrow deflection /ricochet or “bounce-back” (this is very rare and there is little or no likelihood that the arrow would hit a participant with force enough to cause injury, as the force of the arrow would be spent)
- Trip hazards on uneven ground



- **Unsafe retrieval of arrows** (correct method will be shown or instructor will collect)
- Unsafe behaviour by other members of your group

Safety Rules

Risks can be minimised by **strictly following safety rules**. Whilst Archery is lots of fun, it is important to remember at all times that a bow is a weapon and must not be treated as a toy.

A full safety briefing and demonstration of correct shooting technique will be given before the session begins. The following safety rules should be studied before your session and adhered to throughout the event:

- **No alcohol** should be consumed prior to or during an Archery session.
- The Instructor will indicate **when to begin** and **cease shooting**, and when to **collect arrows**
- No shooting should take place until the Instructor has given the **“Safe-to-Shoot”** signal (or one blast of the whistle)



- No collecting of arrows should take place until the Instructor gives the **“Safe-to-Collect”** signal (or three to five blasts of the whistle)
 - Only draw a bow when you are on the **shooting line** and only ever in the **direction of the target**, even without an arrow on the string
 - **Do not place an arrow on the string unless standing on the shooting line and intending to shoot, and only when it is safe to do so**

- **Never “Dry Fire”** a bow, i. e: Do not ever draw the bowstring back and release it without an arrow attached to the string (and aimed at the target) as this can damage the bow. The instructor will talk about *kapaze*.
- **Never aim bow at anyone else**

The Instructor reserves the right to stop any participant from shooting at any time, should he feel they are behaving in a manner which may be a danger to themselves or others

