



**NEW STARTERS PACK
2015**

Emerald Archery Club

Emerald Archery Club Inc is a Field Archery club that is affiliated with ABA Inc. and Field Archery Australia.

We invite all people of the community to come and experience field archery in a family friendly environment. We invite you to register for a Come and Try session to experience what our great sport has to offer. After you have completed your session you are welcome to become a Probationary Member while you gain a better understanding of what archery can offer you.

We do ask that you contact us prior to visiting our club so we can be sure to have an instructor available to assist you.

Our club has a code of practice that no person shall be permitted to shoot the field ranges until such time that the Club Coach or delegated Instructor is satisfied that the person is able to exercise a desirable standard of control of the bow and arrow.

We also ask that you be familiar with our range Safety Procedures and our By-Laws prior to coming to the club grounds. Please bring the Waiver on the back page with you.

What to Bring

Covered Shoes suitable for walking in bushland and uneven surfaces.

Clothing suitable for the environment and keeping in mind the need for visible safety on the range.

Hat and sunscreen.

Drinking Water (we do have drinks and snacks available for purchase).

Signed copy of the Waiver and if under 18 years your parent or guardian.



SAFETY

The Archery Club enforces a rigid code of practice that no person shall be permitted to shoot the field ranges until such time that the Club Coach or delegated Instructor has completed a New Archers Competency Check List and that the Club Coach or delegated Instructor is satisfied that the person is able to exercise a desirable standard of control of the bow and arrow, (a simple test is that the person is able to keep the arrow on line with the target). This standard is to be attained on the Club's Practice Butts. All new archers must be qualified in that manner before being permitted to shoot on the field ranges.

The new archer, irrespective of age, must be accompanied by a senior club member when shooting the field range for the first time. The new member shall not be permitted onto the field range unaccompanied until the new archer has acquired field range skills.

It is preferred that new starters make an appointment with the Club Coach or delegated Instructor prior to attending the Club Grounds. Where possible a planned day will be put aside so as not to impact on club activities and members and to allow suitable time frames to complete the required checklists.

On successful completion of the field range introduction, the new archer shall be then subjected to the club's normal range practices.

A New Archers Competency Check List will be completed at the end of the day's activities or, at the discretion of the Club Coach or delegated Instructor, at a suitable time that will not delay or interfere with the normal running of a club activity and its members. New archers may be permitted to walk the ranges with a senior club member to gain an understanding of the Field Archery Round. This is at the discretion of the shoot director.

Where the new archer is under the age of 18, it is required that a parent or guardian be present during the New Archers Competency Check List.

It is recommended that the new archer purchase a copy of "Welcome to Field Archery a Guide for New Archers" available through the ABA Inc shop.

The below is taken from "[Welcome to Field Archery a Guide for New Archers](#)" Chapter 2 Safety, it is a requirement on the competency Check List that it be read and understood prior to the use of any archery equipment on any club grounds and ranges.

General

Being conscious of safety while shooting arrows from bows seems like it would be common sense, but it is not. Archery is a safe sport, but archers can make it unsafe. When you shoot, you need to be aware of the general safety rules and the rules of the archery range where you are shooting. You need to be considerate of other archers around you and to be aware of those who might act in an unsafe manner. Also be aware of unsafe equipment and possibly even unsafe shooting conditions.

Do not take chances with yourself or your archery equipment. Fooling around can cause serious harm to yourself or to others and could damage your equipment.

Equipment

Check your equipment frequently to make sure it is safe for use. It is a good idea to thoroughly check it before and after each shoot. Check that the bowstring is securely fitted into the grooves of the limbs of recurve or longbows or the grooves in the cams or wheels of a compound bow. If the string is not sitting correctly and you have a recurve or longbow, unstring the bow and restring it so that the string fits properly into the grooves. If you have a compound bow, get somebody experienced in the use of a bow press to repair the fault. Do not try to correct any faults on a compound bow without a proper bow press and the knowledge of how to use it. You should also check all screws and bolts on your bow regularly to make sure they haven't worked loose.

Check your string for frayed or worn areas and any loose servings. If your string breaks at full draw, it can cause serious harm to you, other archers near you, or to your bow.

SAFETY

Check the limbs to make sure they are not twisted or warped. Hold the bow by one end out in front of you, and look along the limbs; they should be flat. If there is any twisting, then the bow should probably not be used. If you think there is a twist, ask your coach to help you assess how serious it is.

Check the riser; look for a loose arrow rest, or loose sight. Check for cracks or chips in the riser.

Avoid exposing your bow to heat, especially inside a hot car, since heat can cause the limbs to warp. Carry your equipment in a hard case so that it won't be damaged during transport. Wax your bowstring regularly; this can help to prolong the life of your string. Always wipe down your bow after it has been used in the rain to prevent water damage. Check your arrows to see if they are bent, dented or cracked. You will learn how to check arrows by spinning them during your training. Damaged arrows may shatter and cause injury to you or others around you. Also look for cracked nocks, or loose or missing vanes or feathers. These could cause the arrow to fly poorly. Do not shoot damaged arrows.

Never shoot a bow without an arrow on the string. This is called "dry firing" and can cause serious damage to the bow. **Only draw your bow with an arrow in place and while pointing it at the target.** An accidental release of the arrow can be very dangerous.

Make sure the arrow is long enough so that it cannot be drawn past the rest.

If you cannot draw your bow smoothly and evenly across your chest, lower the draw weight of the bow until you can draw smoothly and correctly. Get someone to help you with this adjustment the first time.

Never let anyone draw or shoot your bow if his or her draw length is longer than yours. Over drawing of the bow can cause damage to the cables and possibly the limbs.

Always shoot at the target directly in front of you. Shooting at a target to one side or the other can damage arrows already in the target when they are hit from the side.

Clothing

Your clothing can also become a safety concern. Wear comfortable closed-in shoes that protect your feet from rough ground or a stray arrow on the ground. Nocks can easily cut exposed toes.

Shirts should fit well. Baggy shirts should not be worn since they can catch the string and cause the arrows to fly badly. You can prevent some of this by using a *chest protector* and arm guard. This helps to keep the string away from your shirt and also ensures that the string will not catch your sleeve. If you have long hair, tie it back behind your head.

The wearing of caps, while not a safety hazard, can interfere with correct shooting technique. Remove the cap or turn it around while shooting.

Some jewellery may interfere with correct shooting technique and may also need to be removed.

In sunny hot weather, a suitable hat, sunscreen and water bottle are recommended.

You

Archery relies on the use of muscles in your shoulders and back, and because of the way we shoot, it is very one sided. It is important that you balance the use of muscles on both sides of the body and stretch the muscles and tendons involved in shooting before you start shooting. You may be taught some stretches during your training.

To balance muscle strength, you could do some swimming, or attend a gym where using the exercise machines and barbells makes sure that the muscles on both sides of your body are used equally.

On the Archery Range

When you first arrive at a new archery range, following these simple suggestions to ensure you are safe while participating at the range.

- Make sure that there is proper supervision, especially when there are beginner archers around. If in doubt, don't shoot.

- Make sure the target is firmly fixed to a *butt*.

- Before *nocking* and arrow, make sure there is no one between you and the target and no one beyond the target.

Also check that there is no one off to the sides who could be hit by a poorly shot arrow. Remember, arrows can deflect off trees and end up quite a long way to the side. Never draw, aim or shoot your bow unless you are sure that the line of fire is clear. Remember, once an arrow is fired it cannot be brought back – it's gone!

- Only nock an arrow while on the *shooting line* and only point that arrow toward the target directly in front of you.

- Never point a nocked arrow anywhere but at a clear target.** Never shoot an arrow up into the air.

SAFETY

Allow enough space on the shooting line between each shooter and behind the shooting line for the archer and their equipment.

Never walk towards the target from the shooting line if anyone is still shooting.

Walk slowly and to the side of the butt to avoid walking into the back of the arrows.

Only one person at a time should pull arrows out of the target or butt.

Never stand directly behind someone who is pulling arrows. An arrow may come out suddenly and the nocks can gouge a deep cut.

Always pull each arrow out straight. You may need to use two hands to ensure a straight pull. Grip the arrow close to the target face with both hands and pull slowly and steadily.

Check your arrow shafts and nocks each time the arrows are removed from the target. Do not shoot any arrows that show defects or broken nocks.

If you have to go behind the target to look for lost arrows, prop a bow or a quiver in front of the target so that other archers will know there are still other archers at the target and it is not safe to shoot. Better still; make sure someone is standing in front of the target watching for other archers to warn them.

Stay on marked pathways and don't walk back to previous targets.

Don't shoot a new range by yourself; always go out with someone who knows the range. An adult must always accompany cubs.

On a practice range shooting is normally controlled by whistle signals.

The Whistle System

All archery is controlled by whistles or horns and sometimes with associated voice commands. Please familiarize yourself with these as they will be used throughout your archery career.

1 Whistle - Shoot

2 Whistles - Collect Your Arrows

3 Or More Whistles - **Emergency - stop shooting**, return your bow to the bow rack and await instructions.

Emerald Archery Club does not encourage the use of archery equipment at private residences. The best place to conduct your practice is on the archery ranges.

Do's and Don'ts

DO check your equipment for any faults or damage.

DO wear firm fitting clothing while shooting.

DO tie back long hair.

DO wear the appropriate finger, arm and chest protectors.

DO obey the Director or Shooting or field/range captain's instructions.

DO treat other archers with respect.

DO NOT point a loaded bow at any person (drawn or not drawn.)

DO NOT dry fire a bow. (shoot without an arrow, this could damage the bow.)

DO NOT draw and shoot an arrow while people are in front of the shooting line.

DO NOT run with arrows in your hand.

DO NOT interfere with other archers or their equipment.

DO NOT turn your bow horizontal on the shooting line.

SAFETY

Practice Range

Members and Visitors will abide by the Guidelines for Safe Use of Practice Butts, Field ranges and 3D Course as per ABA Rules of Shoot as described below.

Guidelines for the Safe Use of Practice and Range Butts

In the conduct of official and practice Shoots, the following Rules shall apply for the safe use of Practice and Range Butts. Where a field range is provided for practice, the safety provisions of the Rules for the ABA National Round shall apply.

The host Club will provide a member to act as a Range Captain to control the use of the Practice and Range Butts.

Practice and Range Butts will be controlled by the use of a whistle which will be provided by the host Club.

The Range Captain (at the discretion of the Shoot Director) has the authority over the operation of the Practice and Field Butts and his/her word is final.

The Range Captain may limit the time and number of arrows which may be shot.

If there are more shooters than space on the shooting line, the Practice and Range Butts will be shot in relays. Waiting archers will stay behind the equipment line. Arrows may be collected after each relay.

When collecting arrows a reasonable time will be allowed to find lost arrows, but those people looking for them must not keep others waiting unduly.

JUNIORS and CUBS have as much right as adults on the Practice and Range Butts. Show them courtesy and teach them the same.

No person is to start shooting until the Range Captain blows his/her whistle once.

No person is to continue shooting after the Range Captain blows his/her whistle twice.

If the Range Captain blows his/her whistle THREE TIMES all shooting must stop immediately. This is for immediate safety and danger reasons only.

All ABA Rules must be followed at all times while using the Practice and Range Butts.

These rules are to apply during the times the Practice and Range Butts are declared open.

The Practice Butt is closed during the duration of a round and may only be used during that time to rectify major gear failure at the discretion of the Shoot Director.

The Practice Butts will be closed 15 minutes prior to the assembly time or as nominated by the Shoot Director.

Emerald Archery Club

BY-LAWS

All members of Emerald Archery Club Inc are required to be members of the ABA Inc. within 3 months of their first visit to Emerald Archery Club Inc. The Model Rules of Emerald Archery Club Inc shall be in force at all times.

All members shall at all times promote the family activities of Emerald Archery Club in a positive manner and assist in the promotion of membership of the club and ABA Inc.

All members shall at all times promote the ethics and rules set by ABA Inc. in all activities relating to Archery.

All visitors to the club are to be directed where possible to a committee member of the club on arrival.

Probationary members are to shoot only on the practice range until such time as they have been deemed competent in the use of archery equipment. The shoot director or club coach/instructor is the sole arbitrator's of this competency adjudication.

While the wearing of camouflage clothing on the range is permitted, personal safety is to be the first concern. Persons with clothing deemed not to be adequately visible by the shoot director or club coach/instructor will not be permitted to access the ranges except on specifically authorized occasions that involve tuition in bowhunting and associated subjects.

Suitable covered footwear must be worn at all times on any Emerald Archery range. Bare feet, thongs or similar open designed footwear is not acceptable and will result in entry to all ranges being refused.

No shooters other than those who possess an approved ABA Bowhunters Proficiency Certificate are permitted to shoot broadheads at Emerald Archery grounds, except on specifically authorized occasions that involve tuition in bowhunting and associated subjects. Broadheads are restricted to the approved designated broadhead range.

No member, regardless of position held, shall alter any shooting course layout or relocate butts or shooting pegs or cut, damage or remove any flora without the permission of the shoot director or range captain.

No arrows of any description are to be loosed in any area other than the approved practice range or the approved club ranges. The exception to this rule is during activities designated by the shoot director or range captain for approved invitational or fun shoots or other approved activities.

Points of Note for all members.

All members are to ensure the club and surrounding grounds are kept tidy and free of rubbish.

The Property and Grounds of other clubs is to be respected and not to be interfered with. Inappropriate behavior towards our neighbours will not be tolerated and may result in disciplinary action being taken by the club and if necessary referred to authorities.

All members are to participate in at least 50% of club working bee activities each year.

No domestic animals or pets are permitted on the range or surrounding grounds.

The native fauna and flora habitat is to be protected at all times.

All adult members are expected to assist in the operation and care of day to day club activities and facilities.

The Range safety procedures are to be followed at all times without exception.

While the club encourages and promotes family involvement in all activities, children remain the responsibility of the parent/guardian or the person bringing the child to the club. No non-shooting child is permitted on any range unless under the care and control of an adult. The club and its members accept no liability or responsibility for any child injured if that child is not a member of Emerald Archery Club or participating in an approved authorized activity.

NEXT STEPS

Want to join our Club?

Probationary membership costs-

Adult (18 and over)	\$20
Junior	\$20
Family	\$50

Probationary membership covers you for up to three months from your first visit while you find out if archery is for you. If, like us, you find you like it, you need to join the Australian Bowhunters Association (ABA) within three months from your starters session.

ABA provides our insurance and is the governing body for Field Archery in Australia. Your membership also includes a subscription to Archery Action magazine.

New ABA membership costs- includes joining fee

Adult	\$85
Junior	\$67
Family	\$175

Once your membership to ABA is granted you can become an Emerald Archery Club Member .
Our Membership year is from the 1st July so we have a pro-rata membership rate so new members can join at any time throughout the year.

Full Year Club Membership Fee Structure

Adult	\$40
Junior	\$20
Family	\$80

Members Shoot Fees for Club Competition

Adult	\$8
Junior	\$5
Family	\$20

Bow Hire is available for Probationary members at \$10 per bow and a fee of \$5 is charged for any lost or broken arrow.



**Shooting ANY Native
Animal in Australia with a
Bow and Arrow is Against
the Law!**



DONT SHOOT NATIVE!

**Spread the word, because no excuse
is good enough.**

ARCHER CHECKLIST

My Name

My Dominant eye is

I use ahanded bow

My Draw Length is

My Draw Weight is

I prefer to shoot;

Compound..... Recurve.....

Barebow..... Sights.....

Suitable Bows for me are

1.....

2.....

3.....

Suitable Arrows for me are

1.....

2.....

3.....

NOTES:

Emerald Archery Club

WAIVER

Field Archery is a shooting Sporting/Recreational activity conducted in the natural environment which can impose inherent risks through participation in a shooting activity in such an environment. Consequently on payment of required fee, if any, and being permitted to participate in any activity carried on by Emerald Archery Club the participant does so entirely at his/her/their own risk.

It is a condition of participation, that the participant for him/herself, his/her executors, administrators, dependents and other personal representatives, absolves and indemnifies the providers, the club and its office bearers, committee-persons, members and servants or agents from all liability howsoever arising from injury or damage howsoever caused (and whether fatal or otherwise) arising out of participation in club activities, learning Field Archery, or in any way caused by or arising out of any activity carried on by this club whether or not such injury or damage is in any way whatsoever due to any negligent act, breach of duty, default and/or omission on the part of this club its office bearers, committee-persons, members and servants or agents. Any person participating in any activity carried on by this club are only allowed to do so on the distinct understanding that they do so at their own risk.

I, the applicant/applicants, have read, or have had read to me the above warning and having understood same, consent to the activity proposed. I/we to the best of our knowledge have no injury or illness that may place myself or others at risk by participating.

I/we have read or have had read to me, and understood the Emerald Archery Club New Starters Pack.

I/we understand that a New Archers Competency Check List and /or Equipment check off must be completed by the Club Coach prior to shooting any of our field ranges.

..... (Full name) Signed.....

Of,(Street name) (Town/City).....(P/Code).....

Date of Birth.....

Ph. Number Mobile Ph. Number.....

Email Address.....

I also wish to make application for my family members who reside at my address.

..... (Full name) Signed.....

Date of Birth.....

..... (Full name) Signed.....

Date of Birth.....

..... (Full name) Signed.....

Date of Birth.....

..... (Full name) Signed.....

Date of Birth.....

..... (Full name) Signed.....

Date of Birth.....

This indemnity must be signed by a parent/guardian if the participant/participants are under the age of 18 years.

Parent/Guardian..... (Full name) Signed.....