THE LIHOU
CHARITY LBG

Archery Briefing Sheet

Initial Instructor to Participants Brief and Demonstration

Three Golden Rules

1. Never Pick up a bow or arrow when someone is in front of the shooting line for whatever reason
2. Never walk in front of the shooting line when somebody is shooting or still has archery equipment in their hands
3. Never point a bow or arrow anywhere other than the target and especially not at anyone, even in jest

- Domestics i.e. Route to toilet, no go areas during shooting, first aid kit etc
- Ascertain eye dominance
- Voice commands e.g. STOP, COME DOWN, COLLECT and SHOOT
- Demonstrate and question to confirm a level of understanding
- Observe and instruct one participant at a time shooting at least two arrows
- Clarify how many arrows will be shot at each go e.g. 3 or 6
- Reinforce that after they have completed their designated number of arrows that they first put down the bow, then they quietly take one step back from the shooting line and wait until everyone shooting has finished
- Correct arrow removal and carrying etc
- Bit of archery history thrown in as and where appropriate for the group

Roles for Assisting Staff

Depending on the numbers and abilities of the participating group as well of the availability of such staff, the following is what would be expected of them

- To assist with discipline as and where appropriate
- To reinforce the commands given during the session
- To act as additional eyes and ears for both the activity itself and also the immediate surroundings
- To monitor the comings and goings of participants to and from the toilet etc
- To assist with any incident by facilitating the implementation of the Emergency Action Plan

What Assisting Staff can expect from The Instructor

- Clear communication of intentions
- Positive activity leadership
- Session run using the relevant National Governing Body guidelines
- Sessions run in accordance with the appropriate Normal Operating Procedure