

## **Camp Barnard Archery Range History**

The archery range at Camp Barnard opened in March 2008. Camp Barnard's Archery Range was made possible through the generous donations of the Fraser Family in memory of their son John Fraser. John was a Scout Leader and Service Team member in Greater Victoria Area; he loved Camp Barnard. The leadership and funding support of the Camp Committee also made it possible for the range to be operational within a fairly short timeline of less than six months.

George Trattner of the Victoria Bowmen's Association provided regarding equipment and set-up. George also generously donated his time to teach the first course for ten youth (ages 9 – 14 years old) enrolled in the March Break Day Camps. Camp Barnard staff, Willy Burrows, enlisted the help of various volunteers to build the permanent butts, to install the poles and footings, and to put together various accessories such as the quiver stands and the bow stand. The Archery Range Safety Courses for Leaders was designed by Scouter, Denyse Koo, and area training started in April 2008.



First shots on the range! Camp Barnard March Break Day Camp  
March 19, 2008

## **Archery Range Course**

The Archery Range Course was developed to ensure a consistent approach to use of the Range in the safest possible manner. It is required for all Leaders or Renters who wish to take their groups to the range throughout the year. Groups CANNOT use the range unless there is someone present who has taken the course and is taking responsibility for supervision of the range! The Range Course includes:

- Scouts Canada Policies
- Accessing the Range
- Equipment Set-up and Take Down
- Assigning Equipment
- Range Safety Rules and Guidelines
- Signals
- Equipment Maintenance
- Resources

### **Contact List 2012**

**Camp Committee:** Hal email [c\\_barnard@shaw.ca](mailto:c_barnard@shaw.ca) to check for booking & fees

**Camp Staff:** Willy Burrows (250) 415-1619

For keys, to hand in and report damaged or lost equipment.

**Range Managers:** Denyse Koo

Bill Schulte

Adam Miles

For keys, Range Course, range support.

Email [archery@victoriascouts.ca](mailto:archery@victoriascouts.ca)

### **Camp Barnard Archery Range Course**

Camp Barnard Archery Range History.....	1
First shots on the range! Camp Barnard March Break Day Camp.....	1
Archery Range Course.....	2
Contact List 2012.....	2
Camp Barnard Archery Range Course.....	2
Scouts Canada Policy.....	3
Accessing the Range.....	3
Equipment Set-Up and Take Down.....	4
Assigning Equipment.....	4
Use of Personal Equipment.....	5
Range Safety Rules & Guidelines.....	5
Supervision.....	5
Signals.....	6
Progressing Through The Learning Stages.....	7
Equipment Maintenance.....	8

Resources.....	9
Teaching Archery to Youth at Camp Barnard.....	9
Supervision.....	9
Behaviour Management on the Range.....	9
Determine eye dominance.....	10
Assign Equipment.....	10
Control on the Range.....	11
Rule Review.....	11
Starting.....	11
Positioning.....	11
Shooting.....	12
General Behaviour at the Line:.....	12
Arrow Placement:.....	13
Hand Placement:.....	13
Body Position:.....	13
Sighting:.....	13
Common problems:.....	13
Retrieving Arrows.....	14
Scoring.....	14
Sight Adjustment.....	14
Length of Archery Sessions.....	15

## **Scouts Canada Policy**

Refer to Scouts Canada Bylaws, Policies & Procedures (BP&P) 13016.

Note that this is a “Red” Activity, therefore requiring current “Parent Consent Form for Category 3 Activities” and is limited to those youth who are of Cub age and older. Access through GVA website under “Forms”.

## **Accessing the Range**

- Booking the range
  1. Availability must be checked with the Camp Committee\* (see current contact list).
  2. You MUST have the Range Course before being allowed to bring your group to the range, OR arrange for Range Managers \*(see current contact list) to attend on your range day to provide instruction. It is preferred that you try to take the Range Course ahead of time.
  3. If you have completed the Range Course, access to keys and equipment is arranged through those people indicated on the contact list. Please also check with the Camp Committee representative regarding other bookings. If someone is booking the next day, certain equipment such as the net may be left in place. Bows and arrows must ALWAYS be returned to the secured storage area.

## ***Equipment Set-Up and Take Down***

- The equipment is stored in secured areas. It is recommended that you have a vehicle available to carry the equipment down to the range. You need to plan for an extra 20 to 30 minutes to set-up equipment.
- To minimize damage to the equipment, bows are strung at the beginning of the season (around April) and unstrung at the end of the season (around December). You will need to ensure that you include a bit of extra time if you need to restring the bows (about 10-15 more minutes) if you are lucky enough to get a dry day to use the range during the rainy season.
- Equipment checklist:
  - Whistle (bring your own for hygiene reasons!)
  - First aid kit (you must bring your own for your group)
  - Bows
  - Arrows
  - Arm guards
  - Finger tabs
  - Bow stringer
  - Extra sight pins
  - Target faces
  - Pins for target faces
  - Hammer
  - Scoring cards (optional)
  - Pens or pencils if scoring

### Kept at the Range:

- Net
  - Quiver stands
  - Bow stand
  - Safety signs
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- Keep bows and arrows separate until you are at the range and everything else is set up.
  - Bows **MUST** be kept on bow stand when not in use.
  - Bow stand should be located behind the safety line, which is a minimum of 2m behind the shooting line to be used.

## ***Assigning Equipment***

- It needs to be determined whether the youth are right or left-**eyed** dominant. Right or left-**handed** dominance has nothing to do with eye dominance.
- Have youth stand about 2 metres away from you. Ask them to make a small triangle between their hands and to look at the tip of your nose through the triangle. Whichever eye they use to look through the triangle is their dominant eye.
- Left and right handed bows. Note: we only have a limited number of LEFT-handed bows.

- If you are LEFT eye dominant, then you shoot with a LEFT-handed bow. This means that you hold the bow in your RIGHT hand and draw back the string with your LEFT hand.
- If you are RIGHT eye dominant, then you shoot with a RIGHT-handed bow. This means that you hold the bow in your LEFT hand and draw back the string with your RIGHT hand.

This can be very confusing for people at first, especially if it turns out that they have eye dominance which is opposite to their hand dominance. It is awkward at first when you start out shooting with your opposite hand. However, youth will experience greater success if they shoot according to EYE dominance.

- Everyone should be given arm guards!
- Finger tabs are optional. In the beginning finger tabs are not recommended. However, for those using 22lb draw or greater, and as the distance and frequency of shooting increases, finger tabs are beneficial. This is an item that takes time to get used to.
- Arrows: to assign arrows, they must be properly fitted. Have the youth hold the arrows between the length of both arms with the nock at and perpendicular to their sternum. The arrows must extend about 7.5cm (3 inches) beyond their fingertips. If sharing targets, make sure that each person is using a different set of arrows.
- Assign line positions: It is recommended to place right hand archers and left hand archers together, and to have the left hand archers to the right side of the line so that they are facing in toward the others. This provides a sense of safety because his or her back is not to everyone else.
- Targets should also be assigned so that there are no more than 4 archers to each butt. The number of people on the shooting line needs to be determined according to the behaviour of the youth and the supervisory skills of the adults supervising the activity. Alternate arrow colours to allow archers to differentiate between their arrows and someone else's arrows.

## **Use of Personal Equipment**

People may use their own personal recurve equipment. To protect the lifespan of the butts, bows may not exceed 30lb draw and CROSSBOWS ARE PROHIBITED. All other rules and policies apply. The Range is not for personal use. Only registered Scouters / Scout or Guide Groups may utilize the Range, or authorized renters in accordance with Camp Policies.

## ***Range Safety Rules & Guidelines***

### **Supervision**

A minimum of two adults are required to supervise the range included in the Scouts Canada requirements for adult to youth ratios. At least one adult MUST have taken the

Range Course or one of the Range Managers must be present to provide on-site instruction.

## Signals

2 Short Whistles	approach the line
1 Short Whistle	commence shooting
3 Short Whistles	retrieve arrows
Let down	return to start position. Do NOT shoot.
1 LONG whistle	Emergency! Stop Immediately and Let Down

Before commencing, ensure that ALL people are behind the shooting or safety line. No spectators on the sidelines or behind the net.

1. TWO (2) Short Whistles:
  - Once the signal is given, archers may approach the line.
  - Archers must straddle the line before picking up any arrows. This allows the Range Director and assistants to ensure that everyone is facing the right direction.
  - Bows should be held perpendicular to the ground.
  - Archers can now place their arrows but should NOT draw back
  - Once everyone is set, then proceed to next step.
2. ONE (1) Short Whistle:
  - Archers can commence shooting.
  - The Range Director and Assistants should be able to view the whole line between them and should be constantly on the move to best supervise all youth on the line.
  - Both the Range Director and Assistants should carry whistles and either may blow 1 long whistle if they deem the situation to be unsafe for any reason. This may be how someone is handling equipment, if an animal or person comes near or within the boundaries of the range, etc.
  - Once a youth has completed their end, s)he needs to step back from the line, place their bow on the bow stand, and stand quietly behind the safety line until everyone is finished.
  - When the line is clear and all bows are on the bow stand, proceed to the next step.
3. THREE (3) Short Whistles:
  - Option A: Scoring – if youth are scoring their ends, have them take their score sheets and pens/pencils up to the line with them. Then continue as below in Option B. Scoring starts with the arrow furthest away from centre. Touching the line counts as the higher score.
  - Option B: if not scoring, youth retrieve arrows and return them to the quiver stands tips down. Youth proceed to behind the safety line.
  - When all youth are behind the safety line, proceed to the next step.

LOST: If an arrow cannot be found initially, then all should help in searching for it. Youth should be advised to step carefully, as arrows sometimes are

quite hidden in the grass. If the arrow is “lost”, then a new set of arrows should be assigned, and the lost equipment reported to Camp Staff at the end of your session.

#### REMOVAL:

- Basic removal of an arrow – youth should remove arrows from the out areas first, then move toward the centre. Arrows should be grasped as close to the butt as possible to avoid bending the shaft.
- WATCH behind you! No one should be in the area immediately behind someone who is removing an arrow.
- If an arrow is “stuck”, it is sometimes made easier if you turn your back to the butt and brace against it.
- Store arrows which are already removed from the target by sticking in the ground tip down.

STUCK IN THE NET: If an arrow is stuck in the net, care of fletches should be taken as this is the most common way of arrows being damaged. If the arrow is out of reach, **lower the net** before attempting removal. Raise the net following arrow removal, ensuring that the rope is properly tied and off of the ground. If the fletches are damaged, assign a new set of arrows and hand in and report the damaged equipment to Camp Staff at the end of your session.

4. At this point, provide any instructions or corrections that are required and repeat the process.

### ***Progressing Through The Learning Stages***

More detail is provided when you take the Range Course. Your personal experience during the course and with your own practise will be your best resources to teaching youth the subtleties of archery.

1. Emphasis of SAFETY is essential! Please be strict and consistent in our policy of “No Second Chances”. If you must speak to a youth, then they are to be removed from the range area for the remainder of your session. A youth may be at the Range again in the future, but the expectations should be reviewed beforehand.
2. It is important to teach youth the proper terminology and to explain terminology from the beginning.
3. Type of equipment. If it is mentioned, reiterate that we are using archery “equipment” not weapons. We are using Recurve Bows. We will not be using compound bows in our programs at Camp Barnard. Some people have experience in archery for Hunting. The technique is different. We are only teaching **Target Archery**.
4. Assign arrows, spaces and targets at the shooting line (always starting at 10m for review).

5. Determine eye dominance in order to be able to assign bows.
6. Assign bows (have them remember the number on the bow) and targets.
7. The teaching steps are described in greater detail in the next section – “Teaching Archery to Youth”.
8. Consistent form (technique) is the most important factor in being successful at archery, and a good grouping is the first goal.

Most of our youth will remain at the 10-metre distance for a while. If your group has extensive opportunities to use the range, you may consider moving the shooting line back in 5-metre increments only if your youth are able to shoot consistent groupings. You should be shooting from the distance manageable for the least capable archer. Please do NOT physically move the lines that are pegged. Lines are frequently cut by the lawn mower; therefore, your shooting line may be indicated by the location of the quiver stands.

Your whole group needs to be using the same shooting line at the same time.

**NO ONE should be forward of the shooting line when shooting is in progress!**

Your SAFETY line should always be a minimum of 2-metres behind your shooting line, and all equipment (bow stand, scoring cards, etc.) should be kept behind the safety line as well.

An hour-long session is usually sufficient for a first time out. Any longer than an hour should include a break. If you take a break, someone MUST be responsible for supervising the equipment. Watch for youth who are tiring (declining accuracy, inability to draw the string back to the proper position) or for hypothermia or heat stroke or exhaustion or other concerns. Any of these conditions will increase the risk of an accident!

### ***Equipment Maintenance***

- If the range is to be used on consecutive days, then target faces and the net may be left up. Check when booking the range.
- Check all equipment for damage and turn in damaged equipment to Camp Staff immediately to facilitate repair. This is usually arrows which have damaged fletches.
- Equipment should always be supervised or secured if taking a break.
- All equipment MUST be returned to secured storage at the end of the session.
- If the net is to be left up for another group or for consecutive days of use, ensure that the rope is tied such that it is not on the ground in the mud. If the net is to be brought in when wet, hang to dry in the assigned area.



## **Resources**

- Victoria Bowmen's Association – website: [www.victoriabowmen.com](http://www.victoriabowmen.com)
- Fundamentals of Recurve Target Archery, Ruth Rowe ISBN 9780-9715298-4-1
- [http://www.archeryworld.co.uk/acatalog/Beginners\\_Information.html](http://www.archeryworld.co.uk/acatalog/Beginners_Information.html)
- There are many people in our Scouting area with extensive archery experience! Ask around or call the Range Managers to help you contact someone from the list.

### **Teaching Archery to Youth at Camp Barnard** (a very shortened version)

## **SAFETY first!**

- **You are responsible for bringing your own whistle and first aid kit to the archery range. Add pencils if you are scoring.**
- **There is a fee for lost or damaged equipment.**
- **You must arrange for purchase of targets to be included with the rental fee before you come to the range, or bring your own.**
- **You can print off your own scoring sheets when your group reaches that point. A template is provided on the [www.victoriascouts.ca](http://www.victoriascouts.ca) website along with the manual.**

## ***Supervision***

A minimum of two adults are required to supervise the range included in the Scouts Canada requirements for adult to youth ratios. At least one adult **MUST** have taken the Range Course or one of the Range Managers must be present to provide on-site instruction.

## ***Behaviour Management on the Range***

All Leaders need to be consistent and firm with the rule that on the range, there are no second chances. **Therefore,**

- a. Youth should be set up for **SUCCESS**. If you know a youth usually has behavioural challenges, put steps in place to support that youth ahead of time.

For example: Review expectations, plan on non-verbal cues that you can use to help remind them, plan on an extra adult who is there to support

that specific youth, position yourself close to that youth during your time on the range, provide words of encouragement for the small steps that they are doing correctly on the range. **However,**

- b. If a youth needs to be spoken to about unacceptable behaviour on the range, then they should be required to sit out for the rest of the session, regardless of how far into the session you may or may not be.

### ***Determine eye dominance***

Eye and hand dominance are two different things. This is where some people get confused, and some people will be resistant to using the opposite hand. It is initially very awkward. With practise, it does become more natural. If you are LEFT eye dominant, then you need a LEFT hand bow. This means that you hold the bow in your right hand and draw with your LEFT hand. It is called a Left-handed bow because you draw with your left hand.

### ***Assign Equipment***

Note: Our equipment is for a range of youth from as young as 7 years old (Cubs who have just moved up) to Rovers. We may not have equipment suitable for everyone. A long-term plan is in place to try to meet the needs of our youth; however, this will take time. The challenges are especially for those who are very small and those who are bigger.

- a. Bows: Put care into your decisions about assignment of equipment. The 2lb difference between bows is significant and can make a huge difference in level of achievement and how long a youth can last at the activity before they tire. Our bows currently range from 16 to 24 lb draws. There are a limited number of Left-handed. Logically, smaller youth should have the lighter bows. The bows are numbered. Have the youth note the NUMBER of the bow assigned to them and either arrange for the equipment to be driven down, or the youth to carry their own bows to the range. Bows should always stay off the ground! When they arrive at the range, have them place their bows on the bow stand.
- b. Arrows– have the youth hold arrows against their chest and between hands extended straight ahead. The arrows should extend at least 7.5 cm (3 inches) past the tips of their fingers. This is to ensure that the arrows don't fall off the arrow rest when the bow is drawn. If sharing targets, assign different arrows to each youth and instruct them to note the colours of their arrows.
- c. Arm Guards and Finger Tabs: It is recommended that all youth utilize arm guards unless they have a heavier shirt or thin jacket on. Finger tabs are not recommended to start out. All arm guards are the same. There is one Left-hand finger tab

- d. Teach the youth about the proper names for the parts of their equipment. See diagrams. Key terminology:
  - a. arrow – nock, fletches, shaft, point
  - b. bow – upper limb (no writing to avoid distraction), riser, grip, lower limb, string, nocking point

### ***Control on the Range***

If both Leaders have the Range Training, decide ahead of time which person will be in charge. Only that person should be giving the signals of 3-1 and 2 short whistles. Only in an Emergency situation should the second Leader be blowing the one LONG whistle to stop everything.

### ***Rule Review***

Before handing out anything: Review the expectations of adherence to the rules and safety. This ensures they are not distracted. The basic rules of Scouting apply to this activity – Respect of Self, Others, and the Environment (which in this case also includes equipment).

At the range, review:

- a. Where the shooting line and safety lines are located and the appropriate use of and behaviour at each line.
- b. The whistle and verbal signals.
- c. A key reminder is that arrows should always be in the quiver stands and no shots should be fired whenever anyone is in front of the shooting line.

### ***Starting***

Assign shooting positions along the line and individually confirm which butt they are using as their target

- a. Unless your group has advanced significantly, always start at the 10m line as a warm up.
- b. Assign arrows and have youth place arrows (tips down) into their quiver stands.
- c. Have youth move back behind the safety line.

### ***Positioning***

When you blow the first signal of TWO SHORT WHISTLES, youth should pick up their bows, approach the line, and straddle the line.

- a. **Foot placement:** Feet should be approximately shoulder width apart. One foot needs to remain behind the line. Once feet are placed, they should NOT move until the end \* is completed. This helps with consistency of form. An “end” is the number of arrows which you are

- shooting consecutively. For our range, we are doing 3 arrows per end. For competition, they usually do 10 ends (sets of 3 = 30 arrows).
- b. Bows should be held in a vertical position. Some people like to try to turn the bow sideways as they see in movies. This is a safety hazard due to the proximity of others and is simply a bad habit to get into. There is nothing correct about the hold of the bow for shooting if the bow is horizontal.
  - c. Youth may pick up and place their first arrow, but should not be at ready to shoot ie they should NOT be drawing back!

## ***Shooting***

### **General Behaviour at the Line:**

When you see that all youth are properly positioned, blow the second signal of ONE SHORT WHISTLE.

- a. Both adults should be behind the line and actively supervising the youth.
- b. Encourage respect of each other at the line by asking youth to be quiet at the line so others can concentrate. Discussion of every shot is not required.
- c. Remind participants to watch where their arrows go, especially if they miss the target.
- d. Discourage changing the sight after every shot. It is the grouping of the arrows from each end that will determine how the sight should be moved. The better and more consistent the technique, the better the grouping, the more significant the changing of the sight.
- e. If someone drops an arrow, and they cannot reach it without moving their feet, they should leave it until the whistle is blown to retrieve arrows. It is simply a lost shot.
- f. If the arrow is dislodged from the arrow rest, it is most likely because their fingers are too close to the nock.

## Arrow Placement:

Note: this is the item that causes the most damage to equipment.  
Placement is important!

- a. You will notice that there are two different colours of fletching on the arrow. The single coloured fletch should be placed AWAY from the bow. The fletches are NOT evenly placed. If you look carefully, you will notice that the two same coloured fletches actually form a flatter angle. This is to provide clearance from the string.
- b. The nock is placed BELOW the nocking point on the string.

## Hand Placement:

- a. The hand holding the riser should balance the riser, not grip it. Gripping can twist the direction of the bow.
- b. The hand drawing the string – use 3 fingers only – pointer finger above the nock and middle & ring finger below the nock. Your thumb should naturally curl in slightly
- c. Releasing the string – the hand should simply relax, letting the string slide from your fingertips. The hand should remain at your cheek in a relaxed position.

## Body Position:

Check positioning of youth. Incorrect positioning will result in inaccurate shooting, and may result in injury. See diagrams for correct positioning. Basically what you are looking for are “straight lines”. A straight back, a straight line from the forward hand to the elbow at the back. The strength comes from your back when shooting.

## Sighting:

It is recommended that you shoot with both eyes open.

## Common problems:

- a. Does not draw back far enough or tries to draw too far back.
- b. Draws to the cheek instead of the chin (scraping the cheek with the bowstring is extremely painful!)
- c. Uses thumb on cheek, which affects how you are holding the string.
- d. Grips the riser (which may be turning the entire bow).
- e. Lifts and/or thrusts head forward to the string rather than drawing the string back to their chin.
- f. Elbow too high or too low – not level from forward hand, across shoulders, to the rear arm.
- g. Lean back or forward when shooting.
- h. Lunges when releasing the string.

- i. Goes too fast and does not check position, or takes too long in drawn position. This extended stress position will cause the person to tire and may cause inaccuracy.
- j. **Note for female archers** – female elbows articulate differently than male elbows. Females are able to hold their shoulder and wrist in a stable position but to rotate at the elbow. The bottom of the elbow should be rotated OUTWARD so that the flat surface of the inner elbow is vertical to the bow. Otherwise, you end up sometimes being hit by the string. Ouch!
- k. Forearm scrapes from the bowstring are common. Arm guards are strongly recommended.

Once a person is finished with their arrows, they need to move quietly from the line, place their bow on the bow stand, and remain behind the safety line.

### ***Retrieving Arrows***

- a. Only once ALL youth have placed their bows on the bow stand and are behind the safety line should the 3<sup>rd</sup> signal occur – THREE SHORT WHISTLES
- b. See Range Guide for how to remove arrows.
- c. Have each person check fletches every time they retrieve their arrows. Replace the entire set and hand in for repair at the end of the session.
- d. If you need to retrieve an arrow from the net, lower the net using the pulley mechanism rather than jumping or pulling at the net. Remember to re-coil the rope so that it does not sit on the ground.

### ***Scoring***

If you are scoring, you will need a pen and scoring card each time you approach to retrieve your arrows. Starting with the arrow furthest from the centre, make a mark (usually ">") to indicate which arrow you are scoring. If the arrow is clearly in the ring, then it counts for the point value of that ring. If the arrow is touching the outer rim of the black line, then it counts as the higher point value ring. If an arrow misses the target altogether, it is scored as a zero "0".

### ***Sight Adjustment***

<p><b>It is important to emphasize that in the beginning the GOAL is to develop consistent form so that you have close grouping of your arrows. It doesn't matter where it is on the target or butt, as long as it is closely grouped.</b></p>
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Once you are able to get consistently close grouping, then you can adjust the sight pin to move the centre of that grouping to the centre of the target.

Moving the sight pin:

- If your grouping is too high up, then move the sight pin up.
- If your grouping is too low down, then move the sight pin down.
- If your grouping is too far right, then move the sight pin to the right.
- If your grouping is too far left, then move the sight pin to the left.

You will be moving your grouping in the opposite direction of how you move the sight pin. Only move the sight pin about 5 mm (1/4 inch) at a time. Keep all other things consistent in your form!

### ***Length of Archery Sessions***

An hour-long session is usually sufficient for a first time out. Sessions longer than an hour should include a break. If you take a break, someone **MUST** be responsible for supervising the equipment.

Generally, watch for youth who are tiring (declining accuracy, inability to draw the string back to the proper position) or for hypothermia or heat stroke or exhaustion or other concerns. Any of these conditions will increase the risk of an accident! The more often archery is practised, the more those specific muscle groups are developed, and archery time can be gradually increased.