

Archery Training Lesson Plan

Equipment required

Equipment and setup for three archery stations:

- 3 butrices (one per target stand)
- 3 targets (one per butt)
- 9 arrows (**three per person per turn**)
- 3 cones (pylons) to hold archer's arrows
- 3 bows (select from right-handed, left-handed, large or small)
- 2 street cones (signage to advise of active range)
- 3 cones for the shooting line.

Setup

Setup prior to youth arrival, to have everything setup for the training. Setup includes:

- placing the two street cones with attached signage, along the street edge so one is on either side of the road (used to warn drivers that the archery range is active)
- laying the rope down on the ground to identify the shooting line, and place cone at each end of the shooting line, and in the middle
- attaching the paper targets to the butrices, using the nails supplied in the archery shed
- placing one butt per target stand, and securing the strapping, and
- placing a cone (pylons) by each of the three shooter spots and load three arrows into each cone with feathers (fletches) up.

Safety talk

Ensure you have everyone's attention to advise all to

- walk only when in the archery range (area), as running is not permitted
- sit on the benches to await turns
- remain behind the shooting line (i.e., ground rope) which is the archery range safe area, until;
 - after all nine arrows supplied have been shot, and
 - the leader yells "clear"
- point an arrow at the target only, never at someone else
- never dry shoot arrows (i.e., shoot without the bow) or shoot arrows into the sky, and
- handle the bow and arrow properly.

Demonstration

Make sure all the youth can view your demonstration. If you have a large group, split the group into smaller groups to ensure each youth is able to view the demonstration. Demonstrate how to

- stand properly, which is:
 - feet straddle the shooting line
 - a ballerina arm, and
 - an elbow at 90 degrees to the group with pulling fingers by eye
- hold the bow horizontally, while standing properly, and
- load an arrow onto the bow, which is to:
 - hold bow horizontally
 - have opposite coloured feather (fletching) facing up, and
 - place arrow on rest guard with the hook above the nock.

Commands

Advise what commands the leader gives prior to a youth taking their turn, and in what order:

1. You may approach the cone and practise your stance.
2. You may pick up your bow and practice your stance.
3. You may load and fire your arrow when you are ready.

Retrieving arrows

Once all have shot their three arrows, advise the youth (shooters) to

- put down their bows and wait for the other youth (shooters) to shoot all their arrows
- wait for the leaders instruction, "All CLEAR, retrieve your arrows"
- retrieve arrows by
 - removing arrows from the butts by twisting the arrow out and tossing it on the ground to pull another arrow out of the target
 - retrieving arrows from the ground, and
 - collecting arrows shot over the netting
- hold arrows up like a torch to show the leaders when they have retrieved all three arrows, and
- replace their arrows into the cones for the next person's turn.

Make sure that all the arrows are accounted for before the next youth take their turn, and that all who are not shooting arrows are behind the shooting line in the archery range safe area.

Other items

Other miscellaneous items to remember are listed in the table.

What	Detail
Arrow dropped into the firing zone during a turn	The arrow is considered shot, and the youth must • move onto their next arrow, and • not retrieve the dropped arrow until CLEAR is yelled by the leader.
Target zone becomes unsafe during a shooting session	Any person who has loaded their arrows must shoot them into the ground in front of them, rather than fumble to unload the arrow.
Broken equipment	Report all broken equipment to the lifeguards (from May to August) or the caretaker (Sep to Apr) and bring the equipment to the office, where you can add a note to the white board indicating the damage.
Arrow stuck in the net	Report all arrows you cannot retrieve or locate, to the lifeguards (from May to August) or the caretaker (Sep to Apr).
Lost arrows	

IMPORTANT MESSAGE FOR GUIDERS

Safe Guide requires the adult with the youth take an annual archery orientation. Our orientation year aligns with the Guiding year, from September 1 to August 31. Each GGC property has its own orientation, and does not replace another GGC properties orientation requirement.