**The Stony Brook University Company of Archers Safety Guidelines:**

**Proper Attire:**

* Do not wear any loose tops. Short sleeve tops or long sleeve tops that fir tightly around the arm are recommended.
* Do not wear any open-toed shoe or sandal to practice, boots or sneakers are preferred.
* If you wear glasses/ contact please wear them to practice.

**Safety:**

* Know and obey all range commands.
* Always use a stringer to string your bow.
* Always use a finger tab and arm guard.
* Never release the string while drawing the bow without an arrow on the string, this is called dry firing.
* Always check that there is no one in front of the shooting line before nocking an arrow.
* Never retrieve an arrow which falls on the floor in front of the shooting line while others are shooting.
* Always wait behind the shooting line until everyone is has stepped off the shooting line before retrieving your arrows or stepping across the shooting line for any other reason.
* Leave your bow on a bow stand or in a case while retrieving your arrows, never bring the bow up to the target with you.
* Always check that no one is in front of or behind you before drawing your bow back to shoot.
* If the string keeps hitting your arm or any other injuries occur let the executive board know.

**Courtesy:**

* Wait until everyone is behind the shooting line before picking up a bow to shoot.
* Do not talk to/touch the archers next to you while they are at full draw.
* When nocking your arrow be sure your bow is not in the way of the archers around you.
* Wait until all archers are done before stepping off the shooting line.
* While waiting on the line for others to finish be aware of your surroundings and equipment.
* Do not shoot more than the amount of arrows you are told to in an end.
* Be sure to put away any equipment you have used and help others pack up when you have finished, also help with the break-down/set-up of the targets.

**Range commands:**

* One whistle blast: begin shooting.
* Two whistle blasts: stop shooting and collect arrows.
* Three whistle blasts: last round of shooting before packing up.
* Shouting “fast”: immediately stop shooting and un-nock your arrows.