

## **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 fit 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 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.