



Safety information

Welcome to Totnes Archers. Below are a few rules that must be obeyed for your safety and the safety of your fellow archers.

Whistle Commands

- One Blast* - Commence shooting, start of an end.
- Three Blasts* - Finish shooting, end of an end, and collect arrows.
- Four or more long
And short blasts* - End of session, pack away personal and club equipment.

Verbal Command

- “FAST”** - **STOP SHOOTING IMMEDIATELY.** This command means that there is a danger to a person or animal and therefore all activities **MUST** cease immediately. It is the responsibility of **ALL** persons present to watch for danger and give warning by shouting “FAST”. On hearing “FAST” an archer must not shoot an arrow and if at full draw you should ‘come down’ and remove the arrow from the string and return it to the quiver.
- Come Down* - Means to relax from full draw, without releasing the arrow, and point the bow towards the ground. You would ‘Come Down’ either as a result of FAST or request of another archer. The reason for the request will then be given – perhaps there is a danger to someone, or an archer is standing poorly, or arrow has come off the rest.

and Safety

- Obey all the commands of the Field Captain. (The person in ‘charge’)
- Never put a bow and arrow together unless you are on the shooting line AND one whistle blast has been sounded.
- Never cross the shooting line unless you hear Tree whistle blasts.
- Never ‘Dry loose’ a bow (draw back the string to full draw and release without an arrow).
- Never draw a bow unless facing towards the target and with no one in front of you.
- Do not walk behind an archer when they are at full draw.
- Always ensure that any clothing, jewellery or hair will not foul on the equipment.
- Always warm up correctly.
- If any archer shouts ‘FAST’ return any unshot arrows immediately to your quiver; lower your bow and stand back from the shooting line.
- Always use a tab, arm brace and sling when shooting.
- Never shoot directly upwards.

If in doubt – ask. *These rules are for your safety and the safety of your fellow archers.*

*Bows and arrows on their own are fairly safe, put together and used in the wrong context they can be very dangerous. **Remember they are a weapon.***