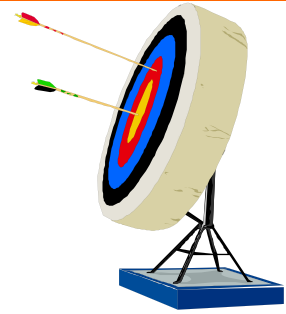


Log Cabin Camp

ACTIVITIES INSTRUCTIONS

Archery



DESCRIPTION

Travel back to medieval times and experience the Sport of Kings. Archery challenges the skills of both young and old with the use of the traditional bow and arrow aimed at the bullseye at an appropriate set distance. Archery continues to be one of our favourite activities.

The aim of the activity is to provide participants with a new recreational experience, developing their psychomotor skills, increasing their self-confidence and to teach them the fundamental skills and safety issues associated with such a sport.

Archery is considered to be a specialised activity as mis-use of the equipment or poor supervision has the potential to harm participants. At the conclusion of the activity participants should be able to:-

- Identify the parts of a bow and arrow.
- Know the correct stance for loading and releasing an arrow.
- Competently load and release an arrow.
- Safely participate and understand the safety issues associated with the activity.

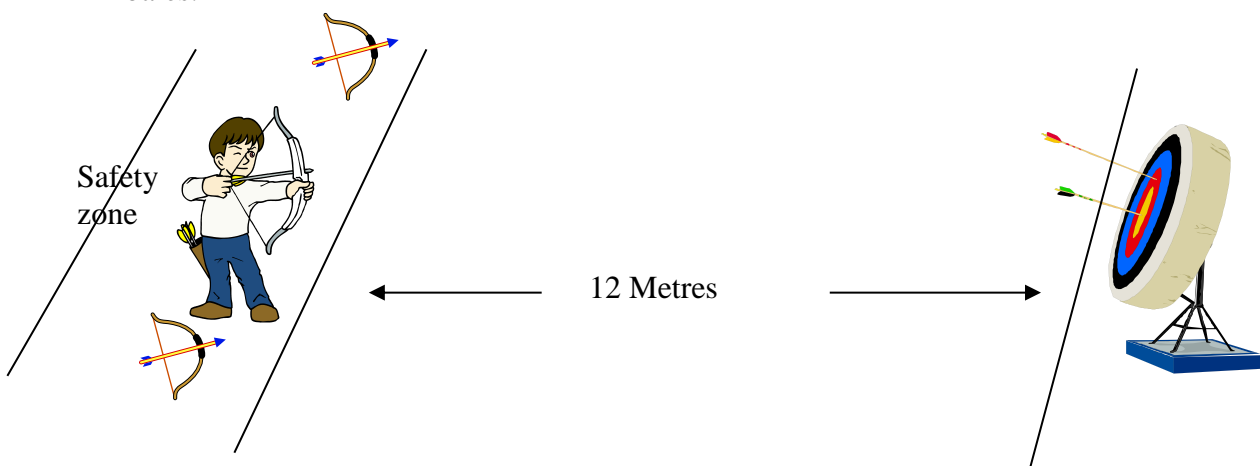
Time to allow for this activity – Approximately 40 minutes.

EQUIPMENT

Bows x 4 Arrows x 50 (5 each 3 rotations)
Target x 3

INSTRUCTIONS

1. Collect equipment from Program Room – Bows, arrows.
2. Proceed to archery range- targets are approximately twelve metres away from firing line.
3. Make firing line known to campers.
4. Line bows up along firing line horizontally placing three arrows beside each bow on hay bales.



5. Turning your body at right angles to target, hold the handle of the bow in your left hand (opposite for left handed people) in a horizontal position.
6. Place arrow on ledge with the arrow tip facing the target and clip on to the string. Use your pointer finger on you left (right) hand to hold the arrow in place. (The odd colour flight should face your left (right) arm).
7. With arrow now in place, swing bow to a vertical position.
8. With your right hand hold the back of the arrow between your pointer finger and index finger (the ring finger and your small finger are to be tucked away in the palm of your hand). Place your thumb on the back of the arrow.
9. With your elbow out pull the arrow back with your right arm.
10. When you have pulled back as far as you can (your right hand should be level with you ear), aim for the target, pointing a little higher then the target and release fingers on arrow.
11. Use all you arrows and when finished, place your bow down on ground.
12. When everyone has finished and all bows are on the ground, wait for leader's permission to retrieve arrows.
13. From target (collect arrows 5 each) and return to firing line – give arrows to your partner.
14. Partner is not to start until leader gives permission (once all campers are in safety zone).
15. Repeat process until time is up.

SAFETY GUIDELINES

- Except when firing, all bows must be on the ground.
- Except for when collecting arrows, all participants and leaders must be behind the firing line.
- No one will collect the arrows until the last arrow has been fired, and then only on the leaders' approval once all the bows are on the ground.
- All arrows must be accounted for after each collection.
- When collecting arrows the participants are to carry them point down whilst walking. No running is allowed.
- No one is to pick up their bow until instructed to do so by the leader. No other activities are to be conducted around the designated archery area.
- Under no circumstances are arrows to be pointed at anything except the designated target, and no firing up to the sky.
- No broken arrows are to be used and bow strings to be replaced when frayed.

LOCATION

Archery can only be undertaken in the designated area behind Cabin 6. The targets are permanently set up in the archery range. The arrows being fired only in the archery range.

AGE SUITABILITY

The activity is most suitable for participants aged ten years and over, as sufficient upper body strength is required to pull the bow string.

RATIO

1:12 It is recommended that there is one Instructor/Leader per 12 participants, this being the maximum group size.

INSTRUCTOR EXPERIENCE

Instructors must have had previous experience instructing and supervising small groups in recreation activities.

ASSISTING LEADERS EXPERIENCE

No previous experience is required for an assistant. An assisting leader is not essential for this activity, but if one is available can be very useful.

PARTICIPANT EXPERIENCE

No previous experience in the activity is required.

INSTRUCTOR RESPONSIBILITY

The instructor is responsible for camper supervision and behaviour at all times, this includes: the supervision and behaviour of campers at the activity and to and from the activity. The instructor is also responsible for: assessing first aid requirements and identifying campers with asthma or other ailments; adhering to Log Cabin Camps rules for the conduct of archery; and ensuring that all the equipment is returned to the program room at the end of the activity.

The Instructor/Leader must inform the assisting leader (if one is available) of their role in the supervision of the activity, and to also train them in the technical and safety components of archery.

PARTICIPANTS RESPONSIBILITY

Participants are responsible for adhering to the instructions of the Instructor.

PARTICIPANTS CLOTHING AND ACCESSORIES

Solid footwear, sunscreen, sun hat (when necessary)

FIRST AID REQUIREMENTS

The location of the activity is on the campsite, so if any injury should occur, the designated camp first aider should be consulted.