

Facilitating Archery



- 2-3 min** **ACTIVITY OPENING, WELCOME CAMPERS!**
- **Every activity begins with an enthusiastic HELLO & Welcome to Archery!** NOW introduce yourselves as their Archery A.C's! Remember 1st is Last & Fast! Campers will love their time at Archery as much as you do! Have so much fun!
 - Circle up outside of the Archery Range waiting area. This will allow you as the facilitator to tone-set safety before campers officially enter the range. ****SAFETY IS VERY IMPORTANT AT ARCHERY****
 - **NOW it's time to share names, by leading a NAME WHIP!** This builds community & connection! Get creative & circle up! Ex. Ask them to share their name & hardest sport/activity you've ever tried and why was it hard.

3-5 min **ARCHERY WITH INTENTION - EVERY OPENING NEEDS A 3 KEYS & 4 OUTCOMES DISCUSSION**

Refer to 'Archery with Intention' on the next page to guide you in having a 3 keys & 4 outcomes conversation with campers at the start of each activity period.

- Please address all 3 keys AND talk about what we hope they experience/gain from their time at Archery!

5-10 min **SHOW THEM HOW!**

Some campers will come to Archery with lots of experience, some with very little. No matter their experience, it's important to ALWAYS demonstrate for safety & skill building!

Refer to 'Archery Safety' & 'Demonstrating at Archery'

40 min **TIME TO HIT THOSE TARGETS!**



Most cabins will have 6-9 campers, and at least two counselors - participants will need to shoot in groups of 3-5, and there is limited space and not enough targets. We recommend giving each shooter 5-7 arrows.

Creative Twists:

- **Balloons!** Almost everyone enjoys using a reactive target, i.e., explodes, breaks, makes a noise. Of course, balloons are great fun, but PLEASE clean them up! They can be even more fun with the addition of "prizes" or "challenges" hidden inside them.
Ex. Counselors "hop for their cabin at dinner" or "Activity Counselor B will do a special dance for your cabin". Make sure you get people to sign on before committing them to anything, remembering that at camp we practice challenge by choice & emotional safety.
- **Tic-Tac-Toe-** Cover the target with a tic-tac-toe target about three feet square. Shoot 3 arrows trying to get three in a row. Score three points for each. You can also play this head-to-head with another archer. Shoot close to the target: 3-5 yards depending on ability.

5-7 min **CLOSING TIME!**

Thank them for participating! -- Be specific, what were some great qualities you saw in campers? Tell them! Encourage them to do the same!

Closings are a perfect time for reflection! ex. Name + compliment one person on something you saw them do during archery, ask them to be specific!

Archery with Intention



COUNSELORS ARE ASKED TO HELP CAMPERS GROW IN CAMP'S FOUR OUTCOMES. DURING YOUR ACTIVITY OPENING TELL THEM A LITTLE ABOUT WHAT WE HOPE THEY GAIN FROM THEIR EXPERIENCE AT ARCHERY:

SOCIAL COMPETENCIES

- Share equipment
- Practice patience
- Celebrate successes
- Manage big feelings

POSITIVE SELF-IDENTITY

- Participation
- Patience
- Perseverance
- New skills

INDEPENDENCE & SELF RELIANCE

- Learning and developing skills (i.e., holding a bow, shooting an arrow successfully).
- Attentive to Safety

SENSE OF SUPPORT

- Encouragement
- Participation
- Helpfulness
- Engagement

3 Keys to Success

Physical Safety

Following the range commands is a non-negotiable!

While loading your bow, arrow **MUST** point down to the ground.

Do not interfere with others when they are shooting.

No sitting on the rail that separates the shooting line from the target.

Only aim your arrow at the targets, specifically the one placed in front of you!

Emotional Safety

It important to create a supportive environment at Camp! Let's all remember to be encouraging, kind & helpful!

Archery takes practice! We can't guarantee everyone will hit the target (For some campers, this can be really disappointing). It's okay to be disappointed if you don't, but we're here to help you try!

Respect Camp Facilities & Equipment

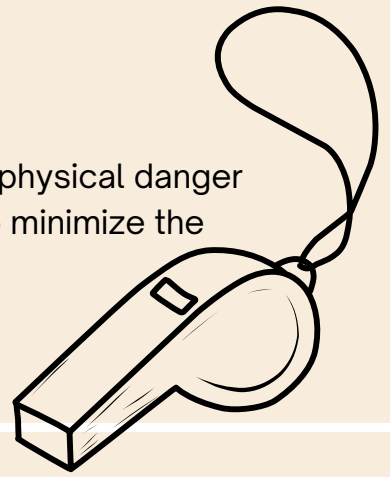
Have fun, but remember the equipment not only needs to last all summer long, but for years to come.

Please don't pull back and release the string unless you're shooting an arrow. It damages the bow & string.

Leave the equipment and the archery area how you found it!

Archery Safety

Archery is one of the high-risk activities at camp where a real physical danger exists. Therefore, it is important to take the proper steps to minimize the likelihood of an accident.



Teach Range Whistle Commands!!!!

One whistle blast – followed by a verbal command to begin shooting.

- Begin shooting. Demonstrate and discuss how to place the arrow on the Nock, while ensuring the arrow is pointed at the ground!
- Drawing the bow string. Hold, aim and release

After shooting all of your arrows, place your bow on the rack and step back and away from the shooting line.

Two whistle blasts – followed by a verbal command to put arrows and bows down.

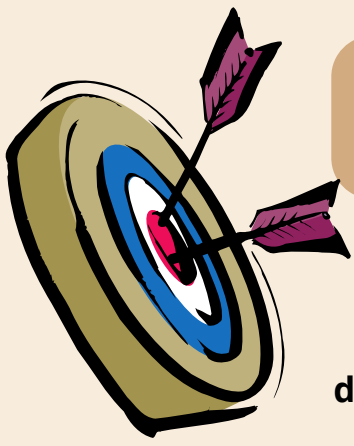
- Arrows Down! IMMEDIATELY – This is to be used should a person, animal or obstacle is behind the range or between targets and shooting line and could be endangered.

Three whistle blasts – Prior to blowing whistle, verify that all arrows are down. Only then should you blow the whistle three times. Once you blow the whistle, follow it up with a verbal command “You may now approach your targets.”

- ALL Archers have placed their bow back on their rack AND retrieve arrows (Once ALL Archers have shot their arrows and placed their bow back on their rack).

Safety Rules for Retrieving Arrows:

- Do not recover your arrows until everyone else has stopped shooting and placed their bows in a “down” position (meaning hung up).
- Recover the same number of arrows that you shot...no more, no less. (This will, hopefully, prevent one camper from searching for arrows that other cabin mates have retrieved.)
- When retrieving arrows, walk, don’t run.
- Campers should only recover arrows from the area in front of the netting (If an arrow doesn’t get retrieved, simply pull another one out of the shed. Don’t worry about it and don’t let it impede the activity.)
- Remind campers to look behind them when pulling arrows out so they do not strike a cabin mate.
- When retrieving arrows, ensure the point is facing down and the feathers are up, just like a bouquet of flowers.



Demonstrating at Archery:

How to Shoot an Arrow

Instructing activity counselors will verbally describe & demonstrate how to shoot an arrow. Work together with your co & decide ahead of time who will be shooting & who will be doing the narration.

Step 1: Stance

Stand naturally and squarely on both feet and at right angles to the target, with the bow in your non dominate hand. The arrow is held in your dominant hand at the center, just above the feathers, and between your thumb and first finger.

Step 2: Nock the Arrow

Nocking means to place the arrow on the string. Pick up an arrow by the nock, carry it over the string while your bow is in a horizontal position so that it lays on the knuckles of the first finger of the bow hand. Make sure the three feathers are placed so that the "off" feather is on your side of the arrow, pointed towards you. Properly nocked, the arrow will be at a right angle to the string.

Step 3: Draw

The draw is accomplished by a simultaneous movement of both your arms, the left pushing out and right pulling toward you and across the upper chest or shoulders. Extend your bow arm and pull with the three shooting fingers hooked around the string. Draw the arrow to the tip regardless of what distance you are shooting, draw the arrow so your string hand comes to rest under your jaw or on the jaw or cheek, whichever suits you best.

Step 4: Hold and Aim

After you have completed the draw, hold this position for a few seconds, during which time you get your aim and release that arrow, called "loosing". A common failing with beginners is to have the arrow fall away from the left side of the bow. Only practice in drawing will overcome this fault.

Step 5: Release

Simply straighten the three fingers hooked around the bow string. This will release the arrow and the bowstring propels it forward. A good release should almost be an accident. Don't anticipate the release of the string. A good release is both smooth and a bit of a surprise.

Prepping for Your Activity



- USE YOUR RESOURCES!!! Your support directors are human resources, don't forget about them!
- Lesson planning can be tough, but the best instructors remain flexible. Have a Plan A and a Plan B. Something that reaches one group of campers may feel different with the next, and the same goes for individual campers.
- Think about your timing...work backwards! How long for your closing? How long will it take to execute this activity? What will your Opening/Intro/Frontloading be?
- Be prepared for each cabin group, HAVE A PLAN!
- Target stands need to be wheeled out and placed on the shooting range and targets secured to stands before the start of the activity periods. (Targets are light weight and need securing to prevent any wind from knocking them off their stands.)
- 5-7 arrows can be placed in arrow holsters before the start of activity. Shorter arrows are for the small bows, and larger arrows are for the larger bows!
- String bows before the start of each activity! DO NOT LEAVE THEM STRUNG BETWEEN MORNING AND EVENING ACTIVITIES OR AT THE END OF EACH PROGRAM DAY! This is important for the integrity of the bows and strings!

Stringing the Bow



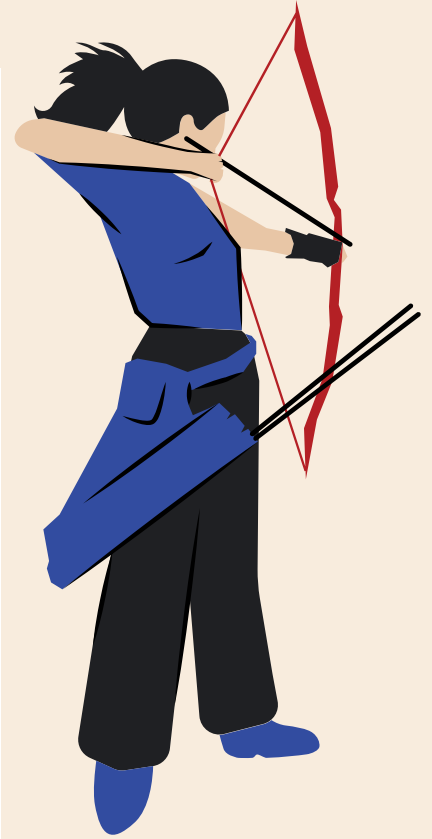
So how do I string the bow? Good question. The directions below outline one of the easiest ways to string a bow, especially if you've never done it before.

- Slide the top loop of your bowstring over the end and down the limb as far as the loop will allow. (There is a bottom and top loop, so make sure you have them correct before stringing)
- Fit the bottom loop into the string groove, being sure to align it properly
- Hold the string taut from the bottom groove by holding the thicker area at the center of the string.
- Step through the bow with your left leg, while keeping the string stretched tightly between your hand and the bottom of the bow. Your leg should be in between the string and the bow.
- Brace the bottom of the bow against the front of your right ankle.
- Bring the bow upwards to rest on the back of your left thigh, just below your buttocks.
- Push the top of the bow forward with your left hand, leaning back slightly into the bow with your thigh if you need the extra help (but not too hard).
- Slide the string up with your left hand, letting it slip onto the upper string groove firmly.
- Position the string in the groove and double-check that the bottom string loop is also still aligned. You do NOT want the string to be twisted or looking like it might twist.
- Voila! You've got a working bow!

Facilitation: Things to Consider

The activity experience will vary greatly depending on your activity. Some general tips for successfully working with groups include:

- Think about group comfort
- Think about group size
- Make sure you have their attention & then deliver
- Be clear & concise in your words
- Make instructions easily digestible & age appropriate
- Sequencing - timing when its best to present what information for superb camper engagement
- Front Loading - what information is necessary & helpful to present early or during transitions
- How will you & your Co's share facilitation, who will say what and when and how?!



Adapting Archery to Meet Camper Needs

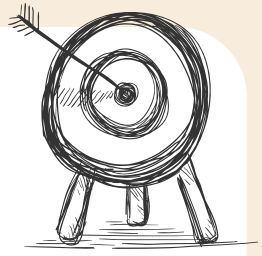
You will attend an extra Med Shed orientation training on the first night the kids arrive. Here you will receive any pertinent information about campers who have impactful physical disabilities.

Visually Impaired – Have a counselor (or possibly a camper if the situation is safe enough) assist the camper by aiding in the aiming of the arrow. The assistant should stand behind and a little to the side of the shooter.

Limited Strength or Arm Amputation – Use Jacob's Arm to hold the bow. The camper will only need to pull the string back and release to shoot. There is a special bow designated for Jacob's Arm, you can ask your program director how to set the device up if you are unfamiliar.

Varied Abilities – The archery targets are on movable easels so they can be moved! Place them as close as ten (10) feet from the shooting line for young campers or campers with generally limited abilities. When moved in close, it is more important that the campers shoot at the target most directly in front of them for safety reasons.

What is the role of the Cabin Counselor at Archery?



Cabin Counselors are expected to help keep their campers engaged, respectful, and safe. At Archery, ask cabin counselors to help you:

- Supervise any campers, especially if they're struggling to engage.
- Assist campers with range command reminders, stance & notching arrows if needed.
- Be on the lookout for dangerous behaviors, intentional or not.
- Cabin counselors should never leave you alone at an activity, 1-2 cabin counselors must always be present.
- Ensure their health & safety - drinking water & sunscreen too!

Counselors are welcome to give Archery a try, after all campers have had an opportunity. There is often times for each camper and counselor to shoot more than once.

Equipment & Storage

Everything you need & more for archery is kept in the archery shed. If you need something that is not there...ask! For the full breakdown of Archery Equipment please see Equipment Log binder!

Equipment:

- Recurve bows – Camp has recurve bows a few sizes.. There should be at least one left-handed bow in each size.
- Arrows – Parts of an arrow: Shaft, Fletching “feathers”, Nock (a plastic item found at the end of the shaft that allows the arrow to “snap” onto the string).
- String- the bowstring joins the two ends of the bow arms and launches the arrow.
- Safety equipment – armguards, & finger tabs
- Creative twists supplies!

Storage:

- Archery stands are kept under the archery range cover each night and all other equipment is to be stored in the locked shed!
- All arrows are to be stored in the locked shed when the archery range is not in use, including overnight and during lunch.
- Bows should never remain strung when the archery range is not in use, including overnight and during lunch.
- Please leave the archery shed as clean or cleaner than you found it!

Health & Safety

- If a participant gets a string whip or a splinter send them with a counselor to the Med Shed.
- Should a more serious incident occur (impalement with arrow, etc.):
 - Calm the individual
 - Send an adult to Med Shed for IMMEDIATE assistance
 - Have an adult supervise remaining campers
 - Immobilize the individual
 - Pack and isolate injured area using the activity First Aid kit and supplies
 - Never attempt to remove an arrow. Bandage and immobilize in place and if safe, proceed to the Med Shed.
- In case of thunder and lightning archery will be halted. All campers will return to their cabin or alternative program location. (see Lightning procedure)
- First Aid and Universal Precaution kits are maintained at this activity.