



## *Rules and Safety Procedures*

### **Safety:** IT IS EVERYONE'S RESPONSIBILITY TO ACT SAFELY AT ALL TIMES

- 1) Never nock an arrow when anyone is in front of the shooting line.
- 2) Never nock and shoot an arrow until told to do so by the Coaches.
- 3) Never cross the shooting line until told to do so by the Coaches.
- 4) Any nocked arrow must be pointed towards the target at all times.
- 5) No running at any time.
- 6) Only one person may pull arrows from the target at any time – all others must remain at least 6 feet from the target.
- 7) Do not dry fire the bow; you will damage the bow and possibly injure yourself or someone near you.
- 8) Never retrieve an arrow from in front of the firing line while shooting is in progress.
- 9) Notify one of the Coaches if an arrow falls in front of the shooting line. The Coach will retrieve the arrow for you.
- 10) Coach instructions are absolute.
- 11) Arrows will be retrieved only when the coaches instruct you to do so. You will then walk to the target and back to the line with your arrows.

### **General:**

- 1) Each Archer has the responsibility to alert the Coaches to unsafe conditions.
- 2) All Archers should wear long-sleeved, tight-fitting shirts.
- 3) Anyone not shooting must keep clear of the shooting line.
- 4) NO horseplay.
- 5) No one owns a bow. Rec bows are available for everyone to use at any time.
- 6) Do not distract shooters on the line by talking to them.
- 7) Archery sessions will be canceled anytime school is closed because of snow, etc. – Early dismissal or no school (refer to MRHS.net) means no Archery.
- 8) Any violation of any Safety Rule will result in the loss of the Archer's right to participate in lessons.
- 9) Each Archer must retrieve their own arrows from the floor in front of the targets.
- 10) Carry the retrieved arrows by their points, not the fletching.
- 11) Each Archer is responsible for hanging up the bow they used.
- 12) No spectators forward of the shooting line, even if outside the shooting area.
- 13) For the safety of Archers, Coaches and spectators, please stay home if you are sick.

### **Parents:**

Please let the coaches do the coaching!