



Rules & Regulations



1. Before practicing archery:

- ⊕ ONLY practice archery when there is a qualified coach or teacher present.
- ⊕ Dress up properly for practicing archery. Sandals or open toe shoes are NOT allowed.
- ⊕ Tie up your hair whenever applicable.
- ⊕ Take off your accessories (e.g. watch) before practicing archery.
- ⊕ Wear protective measures (e.g. arm guard, chest guard, finger tab) before practicing archery.
- ⊕ Warm up and stretch yourself before practicing archery.

2. Setting up your equipment:

- ⊕ Check the version of the bow (left-handed/right-handed) and the bow limbs before assembling.
- ⊕ Check the bow, bow limbs and the string for any signs of damage before you start shooting.
- ⊕ Use a bow-stringer when stringing your bow.
- ⊕ Make sure your string is waxed regularly.
- ⊕ Do NOT point your bow at anyone even if there is no arrow drawn.
- ⊕ Do NOT dry fire your bow (pulling and releasing the string without an arrow seated). This can cause serious injury and damage to you and your equipment.

3. During practicing archery:

- ⊕ ONLY step on the shooting line when the instructor gives the command.
- ⊕ ONLY nock or draw an arrow on the shooting line when the instructor gives the command.
- ⊕ Listen carefully to commands given by your instructor.
- ⊕ Hold and do NOT shoot an arrow even if it's already nocked and the bow is drawn when you hear the command "HOLD".
- ⊕ Do NOT draw an arrow if there are any people between you and your target.
- ⊕ Do NOT point & fire your arrow above the target.
- ⊕ Keep your arrow aimed towards the ground as you nock it.
- ⊕ Do NOT over-draw your recurve bow (over-drawing is when you pull the string further than the actual length of your arrow). This can cause serious damage to your equipment.
- ⊕ Do NOT retrieve anything dropped in front of the shooting line during shooting until a clear command has been given for everyone to stop shooting (e.g. "Bows down" or "All clear").
- ⊕ Make sure no one is standing immediately behind you when drawing your bow.
- ⊕ Do NOT run towards the target to retrieve your arrows.
- ⊕ Make sure no one is standing immediately behind you when pulling out an arrow from the target, as you could accidentally hurt them when forcefully pulling the arrow out.
- ⊕ Inform your instructor when you are searching for arrows on the ground or behind the target.
- ⊕ Make sure you retrieve all arrows and count the number of arrows when you back to the shooting line after retrieving arrows from the target.

4. After practicing archery:

- ⊕ Unstring & re-pack your bow after each shooting session.
- ⊕ Cool down & stretch yourself after each shooting session.



優質教育基金

Quality Education Fund

(version 1.0)