



Safety Regulations throughout the COVID-19 pandemic



A. Before each session

- ⊕ All equipment (bow & arrows etc.) & personal safety equipment (arm guard & finger tab etc.) should be properly sanitized with 75 % alcohol before commencing each practicing session.
- ⊕ Each archer should use a hand sanitizer or wash their hands with soap and water for a minimum of 20 seconds before commencing each practicing session.
- ⊕ Wear proper facial protection (e.g. surgical mask) to cover the face.
- ⊕ If you have any symptoms of COVID-19, take rest and do not access to the archery field and practice.



B. During each session

- ⊕ Targets should be set at a minimum of 2 metres apart.
- ⊕ Each archer should keep distance of 2 metres from each other.
- ⊕ Each archer should use the designated equipment and target only.
- ⊕ Wear proper facial protection (e.g. surgical mask) during the whole session.



C. After each session

- ⊕ All equipment (bow & arrows etc.) & personal safety equipment (arm guard & finger tab etc.) should be properly sanitized with 75 % alcohol after completion of each practicing session.
- ⊕ Each archer should use a hand sanitizer or wash their hands with soap and water for a minimum of 20 seconds after each practicing session.



D. Be Safe & Respect Others

- ⊕ If you have any symptoms of COVID-19, take rest and stay home.
- ⊕ Consult your family physician for medical advice if you have signs of fever, cough, shortness of breath, muscle aches and unexplained fatigue.



Reference:

1. **World Archery COVID-19 Safety Recommendations**
2. **Archery GB – Guidance Notes for Archers (version 3.01)**
3. **Usarchery.org – Guidance on Safe Return to Training for Archery**
4. **Archery Ireland – Returning to Archery**