

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ARCHERY

Archery is a precision/target sport using a bow to shoot arrows.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Federation of Canadian Archers (FCA) coach or an experienced archer who is capable of demonstrating the competency expected from a certified coach

All sessions are conducted in a safe environment, with all students aware of potential risks involved in archery

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Instruction is received regarding the safe removal of arrows and retrieval procedures

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Supervisor is in control of the firing line at all times; no one crosses the firing line without permission

All students not involved in shooting must be positioned well behind the firing line and away from the archers on the line

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

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Facility

- Activity area is free of hazards/debris
- Activity area includes a clearly marked firing line and out-of-bounds areas
- Indoor facility has a proper safety net behind targets
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Indoor facility has a clearly marked emergency exit

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (bows/arrow/targets/abutments) is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of archery equipment
- Appropriate targets are used
- Floor quivers are used
- Bow and arrow length and weight are correct for the student's size and strength
- Arm guards and finger tabs are available
- All bows are secured when not in use
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn for conditions, permitting unrestricted movement; upper-body clothing must not interfere with bow action

Other Considerations

- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- The student has completed a regular medical checkup and a medical history prior to starting the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher