

Lenox Sportsmen's Club
Youth Archery League
Parental Permission and Waiver of Liability

I, the parent or legal guardian of the applicant, hereby grants permission for my child named below to take part in the activities planned for the Youth Archery League at the Lenox Sportsmen's Club. I understand the Lenox Sportsmen's Club, its individual members, officers and directors assume no liability or responsibility for accidents or losses incurred on, or in the vicinity of the shooting range or on club grounds while participating in any program related events. I also understand that the Lenox Sportsmen's Club reserves the right to exclude any person not conducting herself or himself in a safe and proper manner.

The below named participant will be accompanied by a parent or guardian who will remain at the Lenox Sportsmen's Club facility while their child is participating in the program.

Name of Junior Shooter Applicant

Birth Date of Junior Shooter Applicant

Name(s) of Parent or Guardian

Signature of Parent or Guardian

Date

Address

Home Phone

Cell Phone

E-mail

LENOX SPORTSMEN'S CLUB, INC
(Regulations and Rules for use of the "Archery Range")

ARCHERY RANGE RULES:

1. Know and obey all range commands. (listed below)
2. Keep your arrows in your quiver until you are told to shoot.
3. Only use the arrows the instructor gave you. Remember what they look like.
4. Always keep your arrows pointed down or towards the target.
5. If you drop an arrow, leave it on the ground. Raise your hand and the instructor will bring you another arrow.
6. Always walk at the archery range.
7. Always be absolutely sure that the path to the target and beyond is clear.
8. Only release the bow string at full draw when there is an arrow on the string.
9. Secure all loose clothing.
10. Always treat your archery equipment with respect.
11. Always treat your fellow archers with respect.

ARCHERY RANGE PROCEDURES:

Stand behind the waiting line until you hear All Clear Signal. Archer's can pick up their bows from the rack and walk to the shooting line.

Place your bow on your toes. Keep your arrows in your quiver until you hear the command to begin shooting.

After you have shot all your arrows, step back from the shooting line and wait behind the waiting line.

Once everyone is done shooting and all archers are completely behind the waiting line, the instructor will give the All Clear Signal to place bows in the rack and to walk forward to the target line. One archer at a time per target will then pull arrows.

IMPORTANT TERMS TO KNOW:

Let Down- returning from full draw to the undrawn position with control and not releasing the string.

Draw- to pull the bow string back.

Anchor- consistent placement of the drawing hand to a position on the face, mouth, or jaw.

End- a set number of arrows that are shot before going to the target to score and retrieve them.

Follow through- maintaining the motion of the upper body muscles after releasing the string.

11 Steps to Archery Success:

1. STANCE- Open foot position
2. NOCK- Nock arrow onto string
3. DRAWING HAND SET- Hook the bow string in the archer's groove
4. BOW HAND SET- Center the bow's grip under the lifeline of the relaxed bow hand
5. PRE-DRAW- Raise the bow arm and drawing arm to eye level
6. DRAW- Pull the string to the side of the face
7. ANCHOR- index finger at the corner of the mouth
8. AIM- Align the string, riser, arrow rest, and/or arrow point on the target
9. SHOT SET-UP- Begin a slight rearward movement of the drawing shoulder, arm, and elbow.
Initiate release anytime during the movement
10. RELEASE- relax the hooked fingers and the back of the drawing hand all at once
11. FOLLOW THROUGH- the drawing hand thumb touches or is near the shoulder.

ARCHERY SAFETY RULES

- NEVER point a bow and arrow at another person.
- NEVER shoot an arrow straight up into the air. You can end up hitting another person or yourself.
- NEVER shoot an arrow off into the distance where you cannot see where it will land. Again, you could end up hitting another person.
- Only use archery equipment in places that are especially set up for target practice - such as indoor and outdoor target ranges. Targets should be set up to insure that no one can be accidentally hit by a stray arrow. Allow at least 20 yards behind the targets and a 30 degree 'cone of safety' on each side of the shooting lane. Try to place targets against a hill or rising terrain as a safety measure.
- If you need to look for a lost arrow behind a target, inform the Range Captain to ensure that no shooting occur until you are safely behind the shooting line.
- If you are shooting wooden arrows, check them regularly for cracks. If one is found cracked, break it immediately to insure that it will not be accidently used. Shooting a cracked arrow can result in its breaking and causing painful injury to the shooter.
- Always use a bowstringer for longbows and recurve bows. This will reduce the possibility of damage to the bow and injury to the person.
- Check your bow regularly for cracks or twisting. If in doubt, have it checked by a professional before shooting it any more.
- Check the condition of your bowstring regularly. It's cheaper to install a new string than to replace the bow.
- Don't draw a bowstring back further than the length of the arrow for which it is intended. Overdrawing can break the bow and injure the shooter in the process. There is an old saying that a fully drawn bow is 7/8 broken!
- Don't draw the string back except with an arrow on it and, especially, don't release the bowstring with no arrow on it. Doing so is called dry firing and can damage the bow.
- The only safe place is behind the shooting line. Never shoot an arrow until you are positive that no one is in front of you or behind the targets. Conversely, don't stand in front of a bow while it is being shot, even if you are to one side of the shooter.
- Wait for a verbal approval from the Range Captain or his designee before starting to shoot.
- Arrows should only be nocked on the shooting line and pointed in the direction of the targets.
- After you are done shooting, wait for the word: CLEAR from the Range Captain or his designee before going toward the targets to retrieve your arrows.
- WALK, don't run toward the targets. Remember that the arrows are sticking out and can injure you.
- When pulling arrows out of a target, stand to one side and insure that no one is directly behind you.
- If archers will be shooting concurrently at varying distances, stagger the targets, not the people. This goes back to the previous rule about having one shooting line and staying behind it.
- Carefully follow the instructions given by the Range Captain.