

Basic Archery Activity Pack

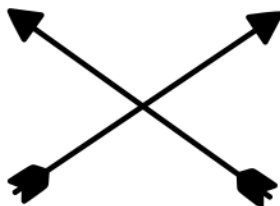
Based on the 4H Project Requirements for Compound Bows



Completed By

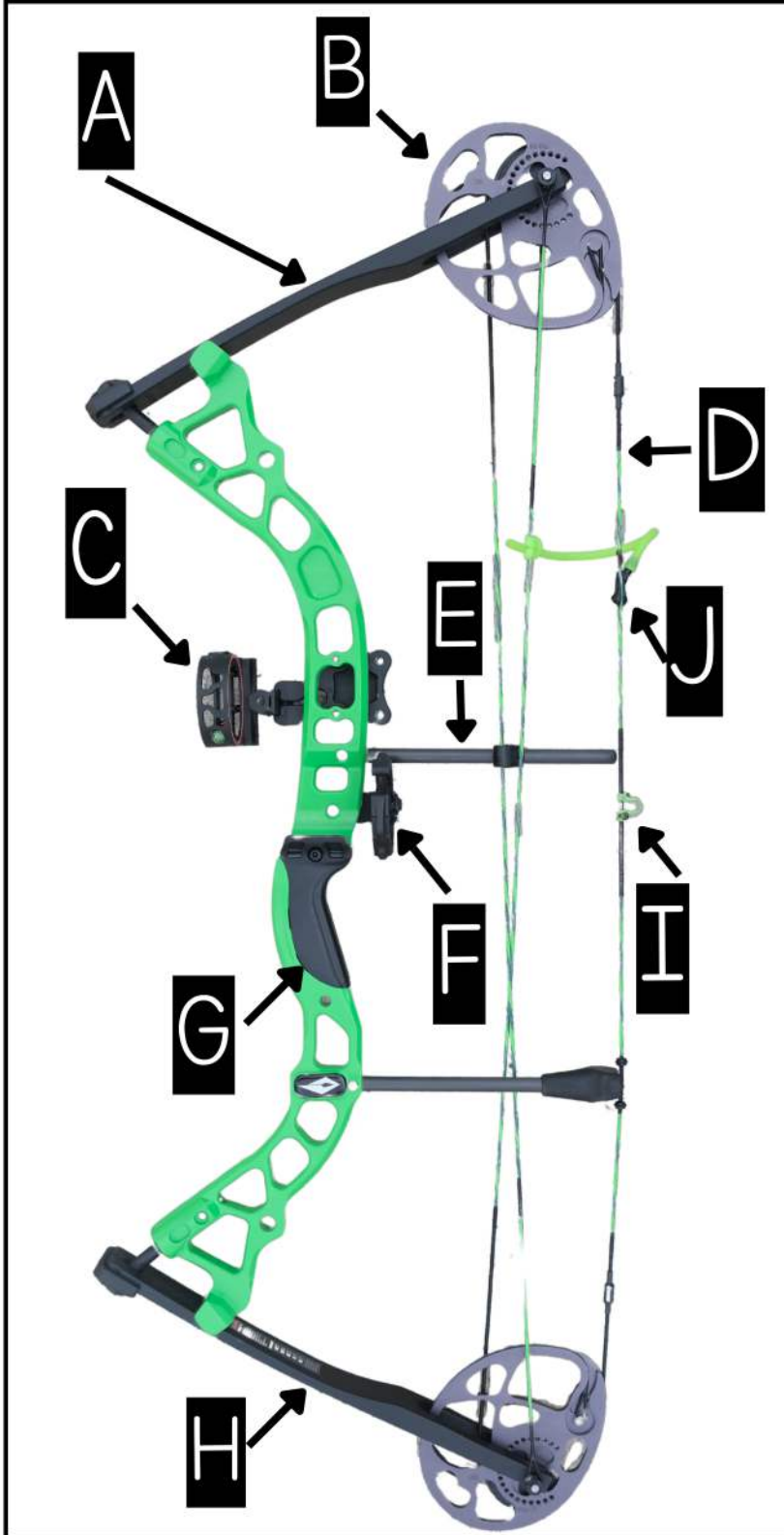
Basic Archery Rules

1. **Follow the directions of the range commander**
2. **Always use proper safety equipment** - arm guard, finger tab, glove
3. **Wear appropriate archery clothes** - nothing loose fitting, hair tied back, large earrings out, no hangey bracelets, closed toe shoes
4. **Use only your arrows** - Don't swap with anyone or lose track of what yours look like - arrow length matters
5. **Let dropped arrows lay** - You must wait for the range commander to give permission to pick it up
6. **Never dry fire your bow** - This can cause lots of damage to the bow!
7. **Walking only on the archery range** - Even if you're not carrying any archery gear, it's never a good idea to horseplay and not be aware of what's going on.
8. **Keep arrows in the quiver until you hear the single whistle command to shoot** - No holding an arrow in your hand to "be ready"
9. **Be familiar with all the whistle meanings** - 1 = OK to shot, 2 = Archers to the shooting line, 3 = score and retrieve arrows 4 = Emergency, cease fire!
10. **Be aware of what's behind your target** - Where will your arrow go if you miss?



Parts of a Compound Bow

Identify each labeled part of the compound bow and write the name on the corresponding line.



- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____
- H _____
- J _____

Parts of an Arrow

Identify each labeled part of the compound bow and write the name on the corresponding line.



- A _____
- B _____
- C _____
- D _____
- E _____

Whistle Commands

Write down what each whistle command means in the blank space next each whistle command.

1 Whistle



2 Whistles



3 Whistles







4 Whistles



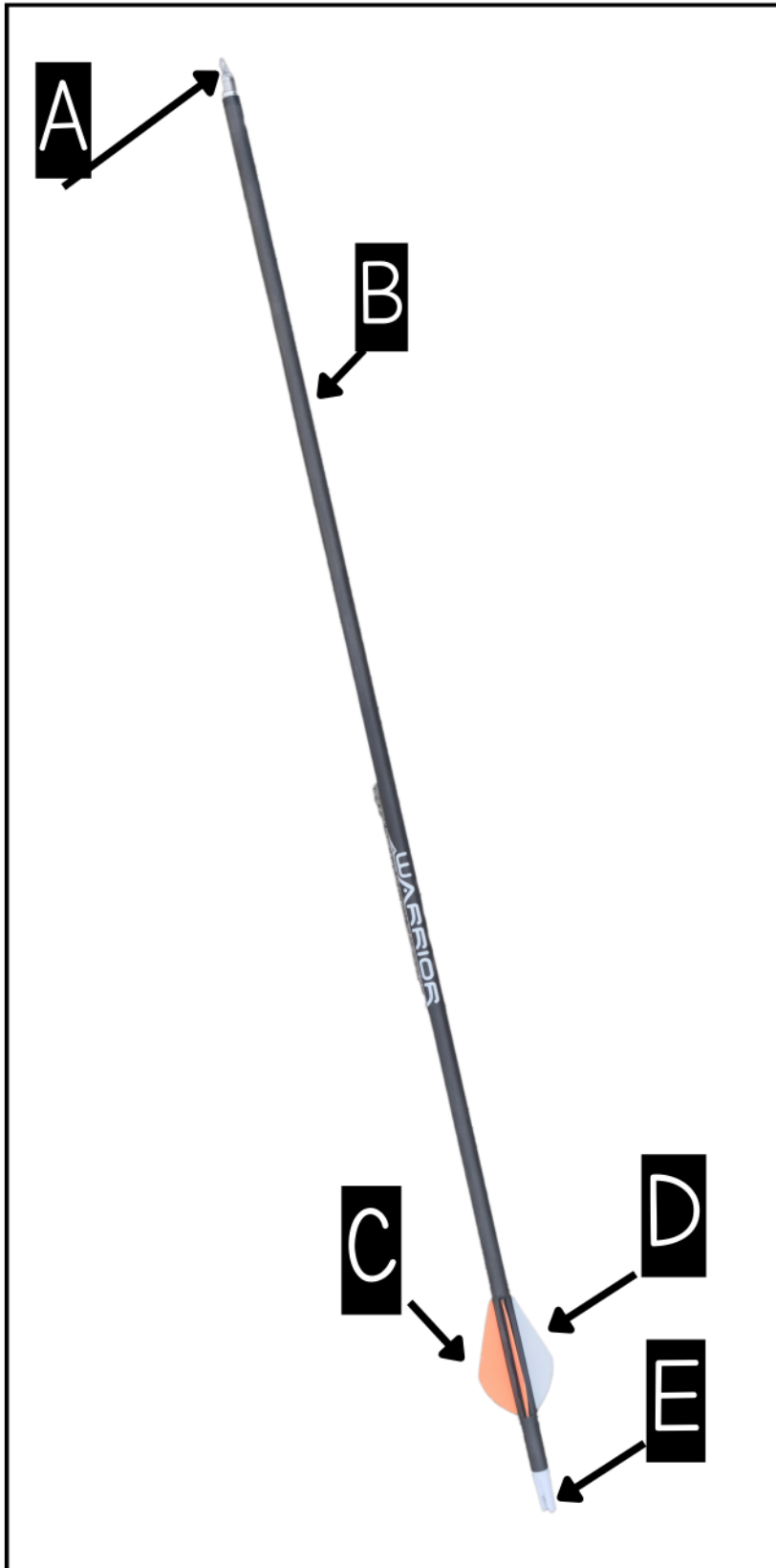
Whistle Commands

Identify what each whistle command means by circling or highlighting the correct answer.

<p>1 Whistle</p> 	<p>(A) Archers to the shooting line (B) Walk forward and retrieve arrows (C) Nock an arrow and shoot (D) EMERGENCY *stop shooting*</p>
<p>2 Whistles</p> 	<p>(A) EMERGENCY *stop shooting* (B) Archers to the shooting line (C) Nock an arrow and shoot (D) Walk forward and retrieve arrows</p>
<p>3 Whistles</p> 	<p>(A) Walk forward and retrieve arrows (B) Archers to the shooting line (C) Nock an arrow and shoot (D) EMERGENCY *stop shooting*</p>
<p>4 Whistles</p> 	<p>(A) Walk forward and retrieve arrows (B) EMERGENCY *stop shooting* (C) Nock an arrow and shoot (D) Archers to the shooting line</p>

Parts of an Arrow

Identify each labeled part of the compound bow and write the name on the corresponding line.



A Point

B Shaft

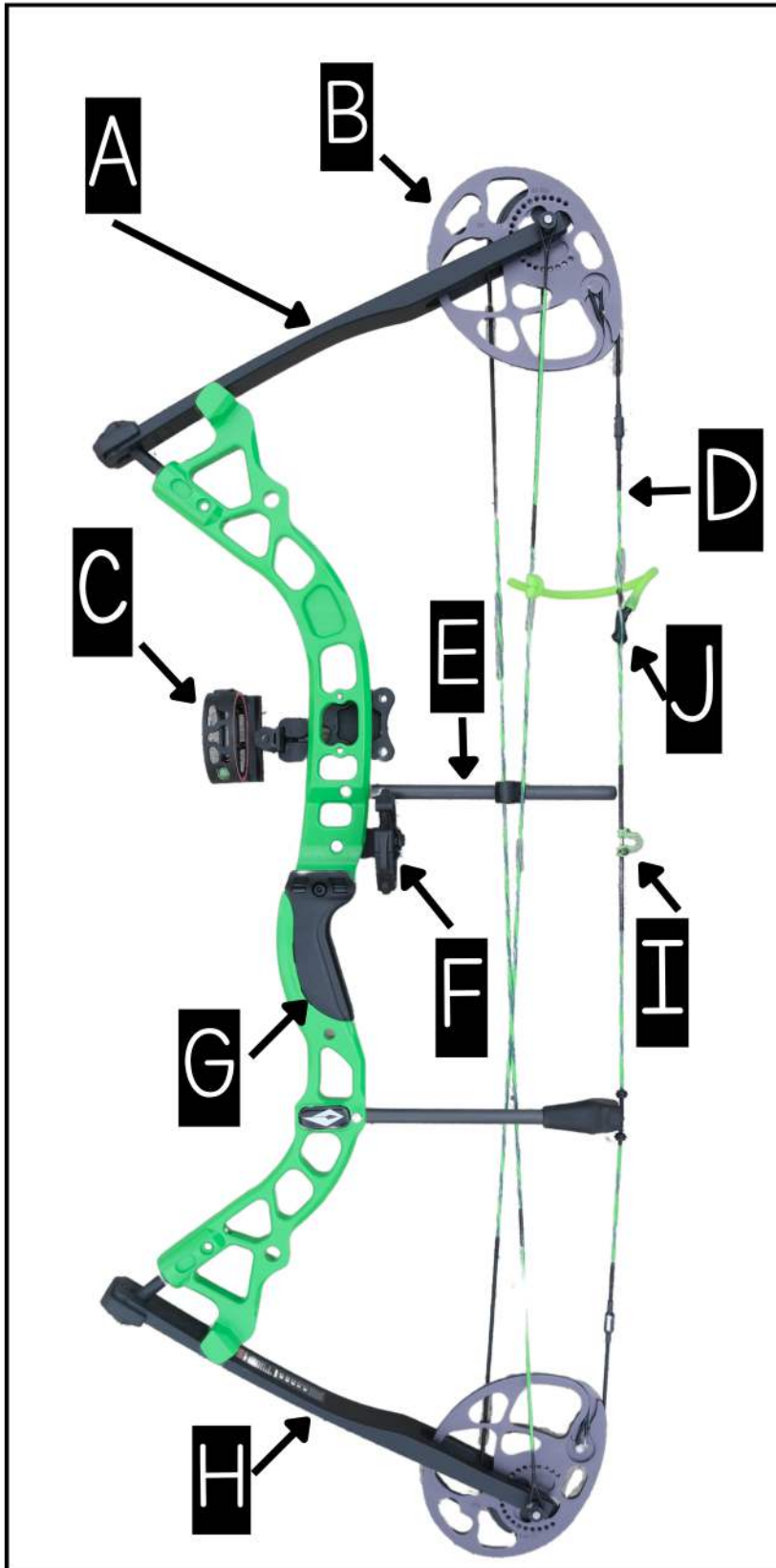
C Fletchlings

D Index Feather

E Nock

Parts of a Compound Bow

Identify each labeled part of the compound bow and write the name on the corresponding line.



A Upper Limb

B Cam

C Sights

D Cables

E Cable Guard

F Arrow Shelf

G Grip

H Lower Limb

I Nocking Loop

J Peep

Whistle Commands

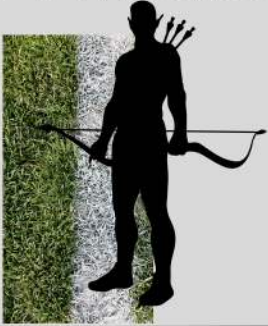
Identify what each whistle command means

1 Whistle



Nock an arrow
and shoot

2 Whistles



Archers to the
shooting line

3 Whistles



Walk forward and
retrieve arrows

4 Whistles



EMERGENCY
stop shooting