



# On Target Archery Challenge

*Guides, Pathfinders, Rangers, & Adults*

## INTRODUCTION

The purpose of this challenge is to teach the members knowledge, skills, and safety in the sport of archery.

The Archery Challenge was created by Kim LaFleur and Tiger Rousseau in October 2006.

**PART A** - In this section, the archer will learn about safety rules and etiquette while on the range.

1. State and explain the range Safety Rules.
  - a. Safety rules when on the casting line.
  - b. Safety rules when retrieving arrows.
  - c. Range safety commands
  - d. Range safety do's and don'ts.
2. Know and understand range etiquette.
  - a. Give an example of etiquette while on the casting line.
  - b. Give an example of etiquette while on the waiting line.

**PART B** - In this section, the archer will learn about the equipment needed and how to properly care for the equipment.

1. Explain the use of a ground quiver.
2. Name and point out the parts of the arrow.
3. Name and point out the parts of a recurve bow.
4. Explain how to properly care for and store bows, arrows, and quivers.
5. Make an arm guard for yourself.

**PART C** - In this section, the archer will learn the 9 steps of archery.

Demonstrate the following:

1. Stance
2. Nocking the arrow
3. Setting the arrow
4. Pre-draw
5. Draw
6. Anchor
7. Aiming
8. Casting
9. Follow through

**PART D** - In this section, the archer will practice casting on the archery range.

1. Cast 20 arrows in 5-arrow ends at a 5-colour target.
2. Participate in a game such as bowling or knock down targets.
3. Challenge yourself by casting through obstacles such as pool noodles.

Once you have completed the challenge you may purchase the crest from the Edmonton Guide Centre.

## **RESOURCES**

Edmonton Area qualified Archery Leaders

Edmonton Area Program Adviser