



Returning to Archery

Phase 1 – Restricted
Shooting

**Guidance Notes for
Coaches**

Version 1.2

Updated: 12 June 2020



FOR THE LOVE OF ARCHERY

INTRODUCTION

We have indicated the key additions and updates to these guidelines with [NEW] and [UPDATED] on the following pages.

These guidelines currently apply to England, Guernsey, Jersey, Isle of Man and [NEW] **Northern Ireland** only, and relate to the first phase of returning to archery (restricted shooting). They have been produced in line with the Government guidance on public spaces, outdoor activity and exercise published on 11 May 2020, which can be read on the Gov.uk website - www.gov.uk/coronavirus

Archery ranges in Wales should remain closed, the Welsh Archery Association are working with Sport Wales on their guidance. The Welsh Government are set to announce the next review of lockdown measures on the 18 June.

[NEW] [The guidance for Scottish Archery can be found by clicking here.](#)

Archery is a sport where close contact with others can be avoided. Archery GB has developed a set of practical guidelines for clubs to follow so that restricted shooting can take place in England, Guernsey, Jersey, Isle of Man and [NEW] Northern Ireland during lockdown, where the local environment allows. The choice to return to archery at this time is one that needs to be made locally by clubs, after considering their own circumstances. There are many clubs who are keen to return to archery as soon as possible, but we appreciate there will be those that have genuine concerns, or their local environment will make shooting safely impossible at this stage. It is the responsibility of each club to make their own assessment based on their local environment and circumstances.

These guidelines should be read in conjunction with the guidelines for clubs and archers, and all elements of the guidelines should be considered to ensure activity can be delivered safely.

We therefore ask you to read and consider the information below carefully, before making a decision to return to archery as safely as possible during this current phase. Please do not feel pressured to coach or shoot, until you are confident you can do so safely, by following both the Archery GB guidelines and the current government advice.

STAY ALERT

The clear Government message is that we can all help to control the virus if we all stay alert. This means you must:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly
- Self-isolate if you or anyone in your household has symptoms.

At all times, clubs and coaches need to remain flexible and have the ability to communicate changes to their members quickly. Clubs and coaches must respond quickly if there is an increase in the virus locally, nationally or if any of club's members or visitors to the range test positive for coronavirus.

PHASED RETURN

A return to archery is taking place on a phased basis, the phases will change in line with the latest government guidelines once it has been published. Currently we are working on a three-phase approach. Please note, these phases are subject to change as the government exit strategy becomes clearer.

Phase 1 - Outdoor only. Family units or individual shooting. Social distancing of 2m maintained between anyone not in the same household. No social activities, "turn up, shoot, go home", minimise contact with others. **[UPDATED]** Coaching 1:5 allowed while maintaining social distancing.

Phase 2 – Indoor or outdoor shooting. Limited numbers with appropriate social distancing between archers – Further detail to follow.

Phase 3 – Full training and competition. Indoor and outdoor shooting. Social activities permitted – Further details to follow.

These guidelines cover **Phase 1 only** and will be updated as necessary to reflect future phases of returning to archery led by the latest government advice.

If you have any questions then please email membership@archerygb.org and a member of staff will get back to you, please note a number of the team are furloughed and this may take a longer than usual.

STAY ALERT

- Archers **MUST NOT** come to the Archery Range if they show symptoms of any illness but in particular of Covid-19. [These are highlighted on NHS Direct](#) and include:
 - A new persistent and dry cough
 - A temperature
- If you are symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.
- Archers should notify the club should they develop symptoms after attending the archery range.

- After the session, archers should sanitise their hands, clean their equipment and anything else used at the session.

COACHING ARCHERS

Coaching can take place so long as the restrictions described within this guide are adhered to.

You may coach:

- **[UPDATED]** Sessions limited to group sizes of no more than six, including coach(es)
- Archers that are able to shoot safely on their own without intervention.
- **[NEW]** Archers that have partially completed a Beginners' Course and have therefore already been taught to shoot safely. Coaches should consider if the individuals are able to shoot safely without physical intervention. If this is the case, you may continue to provide them coaching sessions within the guidelines provided.
- Only on a prearranged basis.
- **[UPDATED]** You can meet with different archers in a single day as long as it is in gatherings of no more than six and you are maintaining social distancing

The coaching you provide will naturally need to adapt, and you'll need to get used to doing things a bit differently.

Please ensure that you're still working within our policies and codes of conduct. You can re-familiarise yourself with these [here](#).

When you are instructing / coaching:

- Stay at least 2m away from your archer(s) and other people at all times, except in the case of an emergency.
- Do not use physical contact, for example to correct shooting technique. Instead, use non-tactile coaching cues and feedback.
- Do not touch equipment that other people touch, for example, avoid pulling out someone else's arrows, moving sights.
- **[UPDATED]** Avoid sharing equipment where possible. Archers should use their own equipment if possible (or equipment that is loaned to them by the club and is kept by the archer for a period of time). Where this is not possible and is deemed a barrier to participation, clubs & coaches need to do everything practical to minimise the risk of transmission. These include:
 - The frequent cleaning of objects, equipment and surfaces that are regularly touched, ensuring there is adequate disposal arrangements for waste.
 - Sanitisation of all equipment after every use, before being used by someone from a different household.
 - Wash/sanitise your hands thoroughly before and after using, handling or cleaning equipment.

Prepare your return to coaching:

Archery is a great way to improve our physical and mental health at this time. Remember that everyone is experiencing the impact of the COVID-19 situation differently, so it's important to prepare for coaching slightly differently to what you may be used to.

- Reflect on your own needs at this time as well as taking some time to understand how the needs of the people you instruct / coach. Be adaptable to help yourself and them take part in an enjoyable way.
- Plan your session to consider how you will meet the restrictions.
- Use the risk assessment that your club / organisation has made.
- Inform your archers about what measures are being taken to ensure theirs and your own safety. This will give them confidence to take part and help them understand how the session will take place.
- Think about the session afterwards and ask for feedback, so you can continue to adapt and improve.

Please ask archers to pack up and leave immediately after their session, to help minimise un-necessary contact with others.

CLUBS

These guidelines will cover the majority of archery clubs; however, we recognise that not all clubs will be able to open during Phase 1 for a number of reasons, and clubs should only open if they can confidently meet the guidelines.

This is a summary of the notes for Clubs.

- A risk assessment must be undertaken by the club, before any archery resumes. This must be shared with all volunteers and coaches as necessary.
- A return to archery in **Phase 1** is outdoor shooting only. Coaching can take place on a **[UPDATED]** one to five basis as long as social distancing is observed.
- Archers must practice social distancing at all times and maintain a distance apart of at least 2 metres. People from different households should not travel in the same car.
- Individual archers must shoot at a single target but archers from the same household may share a target.
- Targets should be positioned 5 metres from each centre (see Appendix 1). This minimum spacing take effect from 11 May 2020 until further notice, and supersedes **Rule 301 (b) (i) and (ii)**.
- Clubhouse facilities including any cafe, kitchen or toilet facilities should remain closed. Toilets may be used in an absolute emergency and where [adequate cleaning measures have been put in place](#).

- The *Guidance Notes for Archers* should be provided to all club members.
- We advise clubs, and coaches, to use a booking system that will support lane management, avoid disappointment and stagger timings to minimise encounters between people, including in car parks and at entrances. Turning up at the range without a slot should be discouraged. Please see the *Implementing a Booking System* in the club guidance for more information.

SPECTATORS

Spectating should be actively discouraged.

Where attendance of a parent/guardian (non-participant) or a carer for a disabled archer is required, it should be limited to one per archer, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose).

Please note guidance can change quickly and we will respond to any changes made by government as soon as is practicable to do so. Keep up to date with the latest information at www.archerygb.org/covid19