

## NON-CLUB ENVIRONMENTS

**This guidance is for England only.**

The majority of the guidance does refer to target archery, however as long as the guidance is followed and social distancing is maintained at all times, **all** archery disciplines can take place. These restrictions may affect how each discipline is managed and delivered and this should be reflected in the archery specific risk assessment.

- This guidance focuses on the archery aspects only. Archery GB expects that booking systems, hygiene and management of the site will come under the operating procedures for each organisation. If you would like further information, then please take a look at the Parts 1-6 of the Return to Archery guidance or email [membership@archerygb.org](mailto:membership@archerygb.org)

## PARTICIPANTS

- From 29 March people will be permitted to meet outdoors in groups of up to six people, or as a group of two households, for exercise or recreation. A group made up of two households can include more than six people, but only where all members of the group are from the same two households (or support bubbles, where eligible).
- Social distancing must be maintained between people who don't live together or share a support bubble.
- Outdoor organised sport and physical activity is permitted in larger numbers. This means that organised archery sessions and events can happen with any number of participants, as long as it's undertaken in line with Archery GB's Covid-secure guidance.
- Organised outdoor sport and physical activity must be formally organised by a qualified instructor, club, national governing body, company or charity and follow sport-specific guidance where appropriate.

## EQUIPMENT & STAFF

- It is preferred that targets be left out and not moved where possible. If you are unable to leave targets out, the movement of targets must be carefully managed in between sessions and minimise the number of times they are handled.
- Where 2m social distancing cannot be maintained during this process, you should put in place the 1m plus mitigations (such as face coverings or avoiding face-to-face contact).
- Only essential staff should be at the range, and their roles during practice sessions should be logged in the risk assessment.

## SPECTATORS

- 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). Consideration should be given to single parents or carers, in order to enable participation by all.

## OUTDOOR ARCHERY

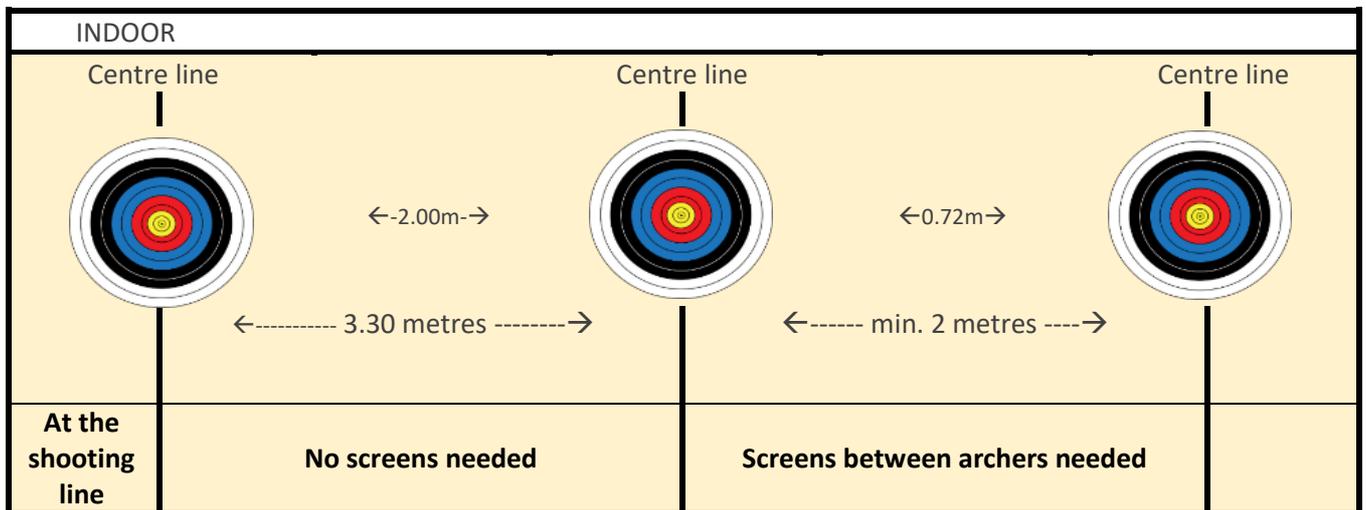
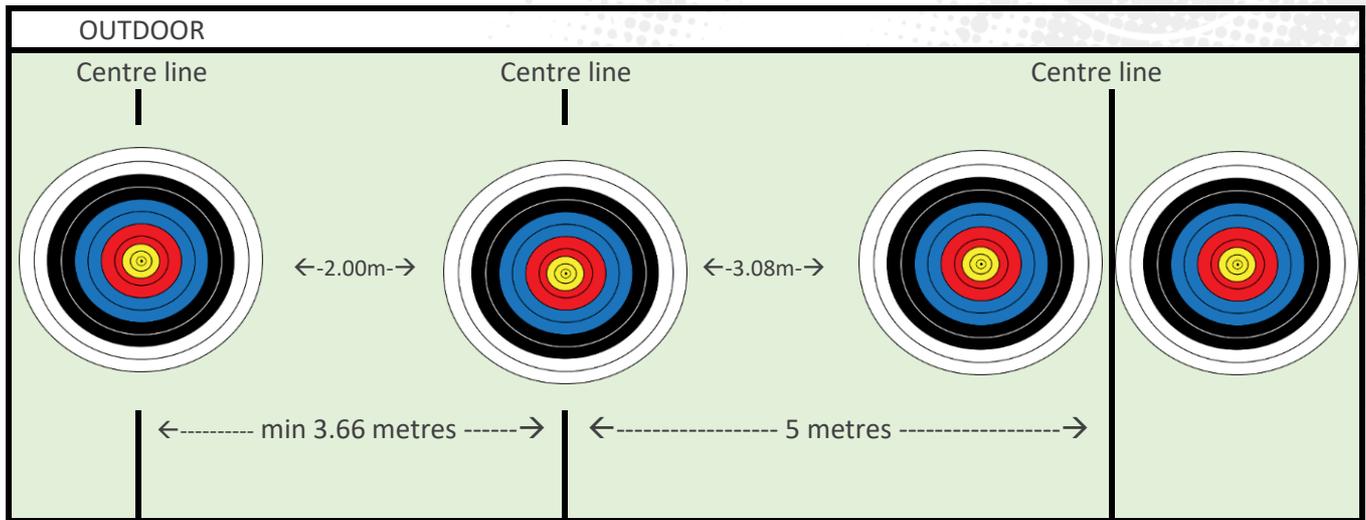
- Each target boss must be used by a maximum of one household or bubble.
- Individual targets should be positioned a minimum of 3.66 metres from each target lane centre – this provides at least 2 metres from edge to edge of the target bosses for a 1.22m target.
- Two targets may be placed in a lane for use by a household or bubble. In this case then 5 metres should remain between the centres of the adjoining targets.
- Some archery clubs struggled to access their usual archery facilities in 2020 – if your organisation is able to provide the opportunity for clubs to shoot then please get in touch with us. Email: [membership@archerygb.org](mailto:membership@archerygb.org)
- An example range diagram is provided below.

## INDOORS ARCHERY

**For England, until the country moves to Step 2 (no earlier than 12 April) indoor archery can only take place for disabled participants.**

- Face coverings must be worn at all times when shooting indoors, except when actively shooting. Anyone with a medical condition or under 12 years of age is exempt.
- A minimum of 2 metre target boss centres should be used, however the preferred indoor target boss centres is 3.3m. On the shooting line use physical barriers such as protective screens between archers where boss centres are less than 3.3m.
- Target boss centre spacing of less than 2 metres is not permitted.
- Ensure hygiene rules are enforced and limit contact with other people by building in additional measures – e.g. targets 1, 3 and 5 collect arrows, then targets 2 and 4; separate archer's LH & RH so not to shoot face to face.

Example range layouts



**COACHING**

- 1:1 and group instruction/coaching can take place from 29 March.
- Archery GB recommends coach ratios of 1:12 – further information is available on the website: <https://www.archerygb.org/coaches-judges-volunteers/continue-learning/introductory-guidance/>
- 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 is important to prepare for coaching slightly differently to what you may be used to. The coaching you provide will also need to adapt to ensure it is COVID secure.

## Guidance for revised practice

The below table sets out common aspects of coaching and recommended revised practice to reduce the risk of transmission to deliver archery experiences safely. This is not an exhaustive list and you are encouraged to identify additional scenarios in your own setting and plan accordingly. This is temporary guidance while government restrictions are in place, to help coaches deliver archery safely.

Current standard practice	Risk	Temporary revised practice
<p><b>Space available behind the waiting line.</b> It is usual for participants to closely interact.</p>	Requires close proximity	Use markings or zones to help the participants understand where to stand to maintain social distancing.
<p><b>Equipment sharing during the session</b> Bows, arrows, bracers, finger tabs, and quivers are shared between participants.</p>	Requires touching shared surfaces	<p>Assign each participant or household equipment for the session.</p> <p>Mark each bow and arrow so that participants can specifically identify their own.</p> <p>Wash/sterilise equipment in between sessions, including:</p> <ul style="list-style-type: none"> <li>• Bows handles/limbs/strings</li> <li>• Arrows</li> <li>• Arm bracers including fastening method</li> <li>• Tabs</li> <li>• Stretch bands</li> </ul> <p>Replace or clean equipment in between sessions:</p> <ul style="list-style-type: none"> <li>• Strings</li> <li>• Target faces</li> </ul>
<p><b>Checking arrow length</b> Holding an arrow in front of an archer to measure the arrow size they require.</p>	Requires close proximity	Plan a way to accurately measure arrow length without breaching social distancing or hygiene guidance. Alternatively use oversized arrows for each individual.
<p><b>Supporting the participant</b> It is common to physically load the arrow, adjust body, bow, and string position.</p> <p>Each participant also reacts differently when trying archery for the first time. For example, it is common not to</p>	Requires close proximity	<p>Warm up with stretch bands to explain technique. Use this as an opportunity to assess coordination and identify participants who may need extra support.</p> <p>Use clear verbal explanation, feedback, demonstration, and visual aids (e.g. a mirror) to teach correct shooting technique.</p> <p>Tip:</p>

Current standard practice	Risk	Temporary revised practice
have confidence to draw the bow, hold the bow etc.		<ul style="list-style-type: none"> <li>• Use the '<i>one two three alignment drill</i>' to help beginners understand and find their reference point at full draw.</li> <li>• Use the '<i>release motion drill</i>' and '<i>finger release drill</i>' to help the archer establish a correct anchor point and shot execution</li> <li>• Use the '<i>four step drill</i>' with a band to help develop and refine the draw.</li> </ul>
<p><b>Intervening for safety reasons</b></p> <p>Close proximity is used to directly manage the outcome of the participant shooting their first arrows. Safety issues can arise from mishandling of the bow, and the arrow pointing incorrectly etc.</p>	Requires close proximity	<p>Physically intervene if this is needed for safety reasons. If you need to be 1m from the archer to maintain social distancing, wear a face mask.</p> <p>Risks are significantly reduced by the instructor / coaches by:</p> <ul style="list-style-type: none"> <li>• Prioritising safety - Spend time explaining how to come down, including what the command means and how it is used when the instructor/coach sees something that is not safe. The participants should understand to stop what they are doing immediately and come down, then wait for further instruction.</li> <li>• Assessing the situation - Make use of a pre-session questionnaire to ask the participants handedness, height and eye dominance if known as well as medical issues that might affect shooting. Ask if they feel they will need extra support/assistance.</li> <li>• Monitor participants prior to shooting – Use drills in the lead up to shooting an arrow to reinforce safety guidance and assess coordination.</li> <li>• Provide clear instruction – Explain what is needed, use visual aids, and where helpful engage parents/carers more in the session to assist you.</li> </ul> <p>To prevent safety issues arising provide 1:1 supervision of a beginner. Maintain this approach until the beginner is able to shoot competently without intervention. This is usually, but not limited to, shooting the first few arrows.</p>
<b>Anchor position on the corner of the mouth</b>	Proximity to mouth	Ensure that hygiene standards are maintained by cleaning and replacing shared equipment.

Current standard practice	Risk	Temporary revised practice
Standard technique for beginners.	on shared equipment	
<b>Supporting participants with mixed abilities</b> Some beginners require extra support, for example due to a disability	Requires close proximity	Adhere to 'Supporting Disabled Archers' guidance available at <a href="http://www.archerygb.org/covid19">www.archerygb.org/covid19</a>
<b>Managing participants</b> Participants share a target		Adhere to Return to Archery 'Guidance for clubs' available at <a href="http://www.archerygb.org/covid19">www.archerygb.org/covid19</a>

## **SUPPORT**

Please refer to the other guidance documents for more detailed information, which are available on our website – [www.archerygb.org/covid19](http://www.archerygb.org/covid19)

For any enquiries, please email [membership@archerygb.org](mailto:membership@archerygb.org) and one of the team will get back to you.