



Members Guide to Shooting indoors

Learn



Compete



Believe

Introduction



Thinking about Club Night

3 Things you **need to know**

Our short leaflet will give you some key facts about Shooting Indoors



Our Indoor Club Night?



How is the range set out?



What you need to know about shooting Indoors

Lough Cuan Bowmen

Club Night



Our Club night is at the Blair Mayne Wellbeing & Leisure Complex.

The Club night runs from 7.00pm until 9.00pm and members are free to come and go at any time during the session.



We hold additional sessions from 6.00pm to 7.00pm and members will be notified in advance of these. At the enrichment sessions we may focus on specific skills, e.g. shooting technique, bow setup, bare shaft tuning, competition practice and more.



When we arrive at the hall, our first priority is to set the range up. So, if you arrive early, we do appreciate a hand to get the range set up and put away at the end of the evening.





How is the range set out ?

The **Target range** is in front of the Shooting line and extends to the furthest target.

Targets will be set at various distances

The target range also has a 3m **no shot area**, where, if an arrow falls into it, the arrow is considered not to have been shot.

At the back of the range there will be a **back stop/safety net**.

Behind the shooting line there are four 3m (minimum) to 5m spaces,:

- An area for **members/parents/spectators**
- An **equipment area** for archers to set their bow and equipment when not shooting.
- A **waiting area**, where archers wait with their bow on being called to the line.
- A **shooting area**, which creates a 'safe' space between the waiting line and shooting line.

What distance will you shoot ?

The most common indoor shooting distance is 18 metres (20y) and 25 metres; the maximum distance recognised for indoor shooting is 30 metres, would not be possible on a club night. The general consensus is that, in keeping with the competition distance as stipulated by Archery GB and World Archery, **18m is the appropriate length for an indoor range**, and 25 where possible.

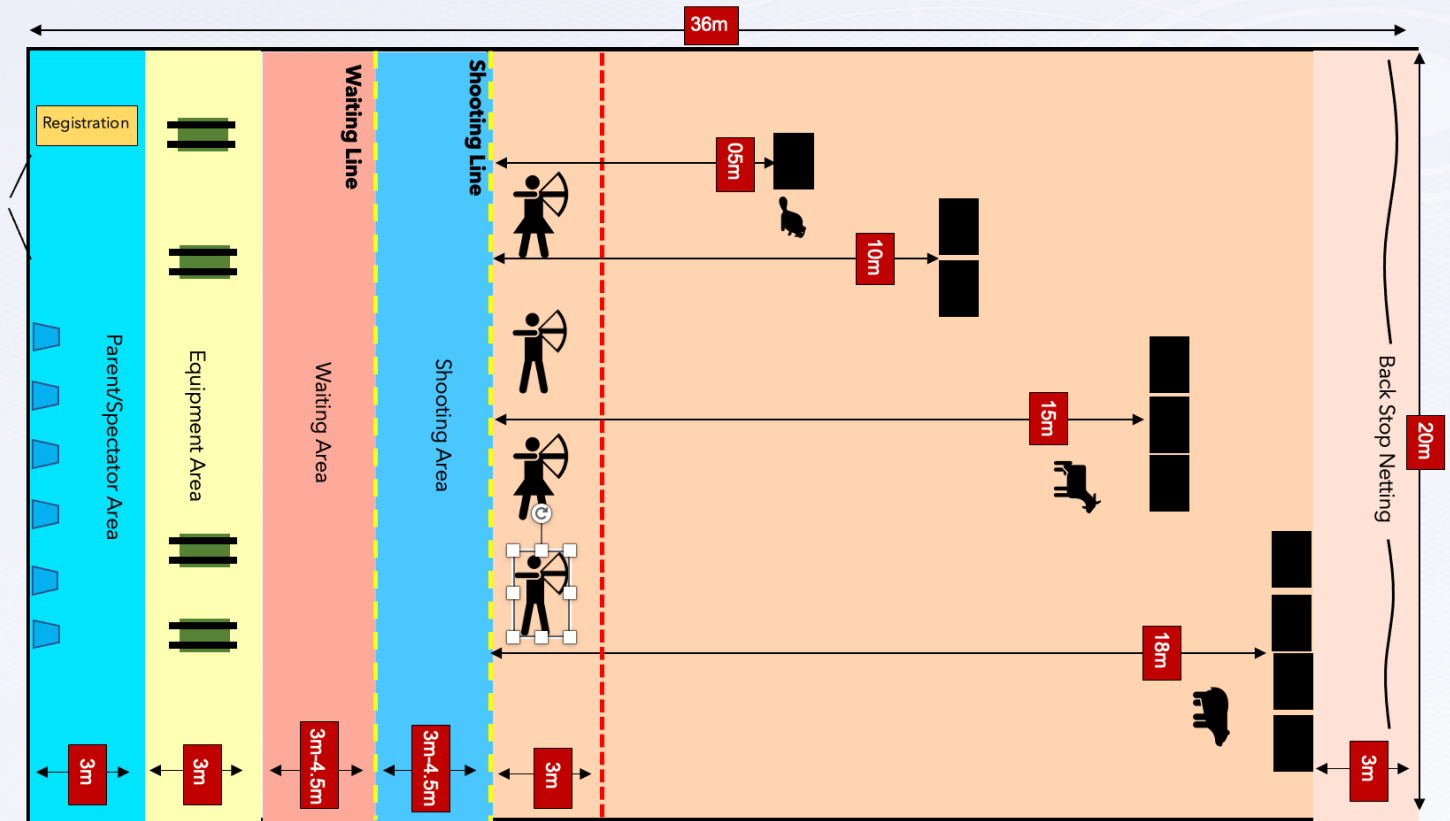
To try and facilitate a range of disciplines (field, 3D, and target) we offer standard shooting distances from 5m to 18m and 25m when permissible.

What do you need to think about when shooting?



- The **Field Captain** is responsible for the overall setup and safety of the range.
- The Field Captain's **instructions** should be **followed** at all times.
- **Shooting will be controlled** by a designated member (**Line Captain**). The line Captain's instructions should be followed at all times.
- The line Captain will indicate when archers can move forward to the line (**'To the line.'**).
- Presently with the number of members shooting, we are calling a single detail and are asking members to shoot 1 end of arrows (3 arrows), to keep the line moving and enable everyone to have an equal opportunity to shoot. (This will be kept under review).
- When an archer has shot their 3 arrows, they **move from the shooting line to the waiting area**. This will allow another member to move up into the line.
- The line Captain will indicate when it is **safe to collect your arrows**. (**'Clear,'** or **'Collect arrows.'**)
- Archers will **collect arrows** and **return to the waiting area**.
- If **safety looks to be compromised**, then any individual present should call **'FAST.'**
- Shooting will recommence on the signal of the Field Captain.

Our Standard 18metre range



Working Together to . . .



Fun and enjoyable
archery environment



Create a safe and inclusive
archery environment.



Celebrate progress and
achievement for all.



Build strong relationships
& partnerships



Promote effective communication.

Contact Lough Cuan Bowmen



You can email the Secretary at:
secretary@loughcuanbowmen.org



FaceBook – Lough Cuan Bowmen



The website is:
www.loughcuanbowmen.org