

PALACERIGG FIELD ARCHERS

INDOOR ARCHERY RULES

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To support the Health and Safety Policy Statement we are committed to the following:-

- Create a safe environment by putting Health and Safety measures in place.
- Ensure all members of the club are aware of and understand good Health and Safety practices.
- Ensure all members of the club are aware and understand the club's Health and Safety Policy.
- Appoint a competent club member to assist with Health and Safety Policy implementation.
- Report any injuries or incidents sustained during any club activities or whilst on club premises.
- This should be recorded at the earliest convenience, in an incident log book, and signed as an accurate account of the incident, by a second competent member.
- Incidents should be brought to the attention of the committee at the next committee meeting and any corrective action or improvements to the existing policy should be discussed as necessary.

As a club member you should

- **Take reasonable care of your own Health and Safety, and that of others who may be affected by your actions.**
- **Co-operate with the club on Health and Safety issues.**
- **Correctly use all equipment both, your own and those provided by the club.**
- **Use all Safety equipment such as bracers, tabs and quivers as necessary.**
- **Stay in the safe area when not shooting.**
- **All archers should follow the instructions of the line captain.**
- **All archers should be in the safe area before shooting can commence.**
- **STRADDLE the shooting line.**
- **Do not cross the shooting line for ANY reason unless deemed safe by the line Captain.**
- **Only knock an arrow whilst on the shooting line.**
- **Use the correct procedure, to retrieve arrows from the butt, as shown by the Instructor.**
- **When retrieving arrows, any arrow at the back of targets should be retrieved first, before removing the rest of the arrows from the target face.**
- **Ask questions about anything you are unsure about with regards to Health and Safety of your archery activities.**
- **Club members shall ensure all equipment is set up and ready for use before setting up their own equipment.**
- **At the end of the Indoor session all club members should ensure that all equipment is removed from the shooting area and put back in the storage area before putting away their own equipment.**
- **Target faces should be moved around during practice sessions to minimise undue wear and tear of the butt.**

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CLUB HEALTH AND SAFETY OFFICERS:-

John Angiolini
Rose Sandilands

CLUB FIRST AIDERS

John Angiolini
Paul Durkin
Emily Sandilands

LOCATION OF FIRST AID KIT

Stored in cupboard and brought out with equipment during shooting time. This should be checked on a monthly basis.