

## Archery and 3-D Field Archery



**Certificate of Insurance (COI)** is required from vendor providing this activity. Visit <https://www.girlscoutsni.org/resources#COI> to check list of the COIs on file or to request one.

Archery:

**Council Approval:** Required

**Activity Permitted For:** D, B J C S A

3-D Archery (Field):

**Council Approval:** Required

**Activity Permitted For:** D, B, J C S A

**Waiver:** Attached to this Safety Activity Checkpoint

### About Archery

One of the oldest weapons and hunting methods, archery is still used for its traditional purposes, but is more common today in the United States as a recreational and competitive activity. There are a variety of styles and sizes of bows and arrows, but they are all used for one purpose: to hit a target. Girls will develop skills based on proper procedures and form, handling equipment, getting the right stance, sighting, and observing safety practices. Archery is not permitted for Daisies; however, Daisies may participate in using slingshots as a progression to learning rules and range commands for archery. Bows and arrows should be appropriate to the age, size, strength, and ability of the girls. Girls do not aim at people, ever, or targets in the image of human beings.

*3-D Archery.* Cadettes and older may participate in a 3-D archery course where a girl moves up to the target that could be set up between trees and use a target that is other than a circular shape to enhance accuracy and skill level. Girls do not shoot at targets in the shape of human beings.

*Slingshots* for Daisies should be simple, fun, and easy to use when the equipment is designed for children of that grade level and body size. Participants must be old enough to understand safety procedures and handle the equipment so as not to endanger themselves and others.

### Learn More:

- Archery tournaments and events: [National Field Archery Association](#)
- Archery clubs/events: [Team USA Archery](#)
- Videos on archery basics: [YouTube](#)

### Include Girls with Disabilities

Talk to girls with disabilities and their caregivers. Ask about needs and accommodations.

See [Disabled Sports USA](#) and [Team USA](#) for more about equipment, adaptations, and finding a program near you.

## **Equity**

In addition to physical and social-emotional disabilities consider the history, culture, and past experiences of the girls in your troop that could affect a girl's ability to equally participate in an activity. Work with girls and families to understand how an activity is perceived. Ensure that all girls and their families feel comfortable that they have access to whatever is needed to fully participate such as the proper equipment, prior experiences and skills needed to enjoy the activity.

## **Safety Activity Checkpoints**

**Standard Safety Guidelines.** Refer to the “Standard Safety Guidelines” section (p. 4 – 22) at the top of Safety Activity Checkpoints. These standard safety guidelines apply to all Girl Scout gatherings and activities. When the adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines always follow the stricter parameters in the activity chapter.

**COVID-19 Guidelines.** Review the “Coronavirus Safety in Girl Scouts” section under the “Standard Safety Guidelines” (p. 4 – 22) section and be certain to consult your council's specific COVID-19 guidance [here](#). When applicable, always call ahead to the vendor, property or facility involved to check for their COVID-19 safety requirements as you prepare to take girls for this activity.

**Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl or adult, missing girl, or sudden illness.

**Assess participants' maturity level.** Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others. Ensure that bows and arrows are appropriate to the age, size, strength, and ability of the girls.

A beginner uses arrows that extend one to two inches in front of the bow when the bow is at full draw.

**Verify instructor knowledge and experience.** One adult needs to be a certified USA Archery instructor or have equivalent certification or documented experience according to your council's guidelines. Ensure that there is a ratio of one instructor for every ten girls. Archery on a 3-D course is well supervised and appropriate to age, skill level, and location of shooting.

**Note:** The instructor-to-participant ratio is not the same as the adult-to-girl ratio found in “Introduction to *Safety Activity Checkpoints 2020*.” Both ratios must be complied with when girls are participating in target sports. For example, if there are 15 Girl Scout Cadettes on the shooting line, there must be two instructors plus two adult Girl Scout volunteers (who are not instructors).

**Select a safe site.** Check with council staff to see if an approved vendor list is offered. If the council does not have an approved vendor list, look for organized indoor and outdoor archery ranges. Call the facility to determine the following safety information is in order:

- **Equipment is stored in box/closet/cabinet and locked when not in use.**
- **Equipment, including targets, are checked each time and in good condition.**
- **Clear safety signals and range commands to control the activity are posted and taught to all participants in advance of stepping on to the range.**
- **Backstops or a specific safety zone are set behind the targets.**
- **Clearly delineated rear and side safety buffers are known to the entire facility population.**
- **Shooting line is clearly defined.**

At an outdoor range, check that:

- Targets are not placed in front of houses, roads, trails, or tents.
- Areas with pedestrian traffic are avoided.
- Areas are clear of brush. A hillside backstop is recommended.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- In the shooting area, there is a safe distance at least 50 yards behind the targets and 20 yards on each side of the range.
- The range is not used after nightfall.

At an indoor range, make sure:

- Targets are well-lit.
- Doors or entries to the range are locked or blocked from the inside.
- Fire exits are not blocked.
- Ensure equipment is properly sized for the girls.
- Compound bows are offered in both right- and left-handed models, are the proper size, and have the correct draw weight for the girls.
- Only target tip arrows are used, never broadhead/hunting tips.

**Girls should learn about archery and shooting.** Girls develop skills based on proper procedures and form, handling the equipment, getting the right stance, sighting, aiming, and observing safety practices.

**Always keep the bow pointed in a safe direction.** This is the primary rule of target sport safety. A safe direction means that the bow is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the front end of the bow is pointed at all times.

**Ensure that equipment to be used is in good condition.** Make sure that the equipment is clean, in good working order, and nothing is broken or loose. Targets and backstops for targets need to be in good repair.

**On the day of shooting:**

**Dress appropriately for the activity.** Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Also, have girls tie back long hair.

**Ensure the instructor reviews the rules and operating procedures with girls beforehand.**

The instructor covers safety procedures, including:

- No “dry” firing, as it can damage equipment.
- Always keeping the bow pointed in a safe direction.

**Safety and Required Gear**

- Wrist, finger, and arm protection, such as finger tabs and arm guards (right- and left-handed models)
- Bows and arrows.
- Targets
- Quivers



**Girl Scouts of Northern Illinois**  
**Permission, Waiver and Release of Liability for Activities-Archery**

- *This two page form is a waiver and release of liability contract between Girl Scouts of Northern Illinois and the participants. Please read it carefully.*
- *This two page form must be read and signed by the parent or legal guardian of the participant in order for the participant to participate in the activity listed. The form is to be turned in to the troop leader or his/her designee.*
- *Participants must be old enough to understand safety procedures and to handle equipment so as not to endanger themselves or others. **Brownies and older.***

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ GS Level \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Email address I \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Participation Date(s) \_\_\_\_\_ Year \_\_\_\_\_

Please list any allergies the participant has (food, nature, medications, etc.): \_\_\_\_\_

Any restrictions of participant we should be aware of as she participates in this activity: \_\_\_\_\_

Any medications the participant will have with her: \_\_\_\_\_

**Activity:** A USA Archery instructor will be teaching participants about archery and participants will participate in shooting an compound or recurve bow at \_\_\_\_\_

Additional Activity Information, if any: \_\_\_\_\_

I acknowledge that this target sport activity is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, acts of God, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, facilitators, volunteers and spectators. These risks are not only inherent to the participants, but also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this activity. I realize that liability may arise from negligence or carelessness on the part of the person or entities being release, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am Brownie or higher, am physically and mentally fit to participate in this target sport activity. I acknowledge that this Permission, Waiver and Release of Liability for Archery Activity will be used by Girl Scout staff, activity facilitators or their assignees of the activity and it will govern my daughter's actions and responsibilities at the activity. I acknowledge that I must follow the directions and safety rules of the activity and the activity may be cancelled if I do not follow the safety instructions and policies or if my behavior endangers myself or the group.

In consideration of my participation in this program, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter occur to me including my traveling to and from this program, **THE FOLLOWING ENTITIES OR PERSONS:** \_\_\_\_\_ Girl Scouts of Northern Illinois \_\_\_\_\_; their directors, officers, employees, volunteers, facilitators, representative, and agents. (B) Indemnify and Hold Harmless, and Agree Not To Sue the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this program, whether caused by the negligence of releases or otherwise. I hereby consent to receive medical treatment that may be deemed advisable in the event of injury, accident and/or illness during this program.

The Permission, Waiver and Release of Liability for the Archery Activity shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I acknowledge that this Accident Waiver and Release of Liability form will be

used by the persons or entities being release in the activity listed above and that it will govern my actions and responsibilities in said activity.

I hereby certify that I have read this document; read the GSNI Archery Safety Activity Checkpoints; and, I, understand its content. I am aware that this is a release of liability as well as a contract and I sign it of my own free will.

\_\_\_\_\_  
Print Participant's Name                      Age                      Signature (if under 18 years old,  
Parent/Guardian must also sign)                      Date

Parent/Guardian Waiver for Minors (Under 18 years old)

I give permission for my daughter to participate in this Archery activity. I understand that there are inherent risks of injury or disability in this activity. I further understand that my daughter must follow the directions and safety rules of the activity. I have reviewed the GSNI Archery Safety Activity Checkpoints. I also understand that the activity may be cancelled if my daughter does not follow safety instructions and policies and/or my daughter's behavior endangers herself or the group.

The undersigned parent and/or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and is fully responsible and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

\_\_\_\_\_  
Print Participant's Name                      Age                      Signature of Parent/Guardian                      Date

If you have any questions, please contact \_\_\_\_\_

For girls not currently registered as Girl Scouts: I understand my daughter is not covered by Girl Scouts of the USA Activity Insurance, but she has my permission to participate in this activity.

Yes\_\_\_\_\_ No\_\_\_\_\_ Date\_\_\_\_\_ Signature of Parent \_\_\_\_\_