



# BC ARCHERY CLUB MANUAL 2024



# CONTENTS

Chapter 1   Planning	
Chapter 2   Administration 6	0
Chapter 3   Fees & Financial Administration	000
Chapter 4   Instructor & Coach Training & Certification	• • •
Chapter 5   Range Safety15	
Chapter 6   Equipment & Resources	0 0 •
Chapter 7   Programming	000
Chapter 8   Scoring & Target Faces	• 0

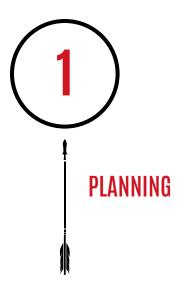




# INTRODUCTION

BC Archery affiliated clubs provide a safe and inclusive environment where participants of all ages, abilities and skill levels can enjoy the sport of archery recreationally, competitively or as a high performing athlete. BC Archery Clubs are a perfect fit for anyone looking for long-term archery program opportunities. BC Archery Clubs support a variety of archery styles (barebow, recurve, compound, and traditional archery) and can provide the opportunity to receive basic to advanced instruction from NCCP certified archery instructors and coaches. Participants at BC Archery affiliated clubs will receive instruction on range safety and proper shooting technique in an environment that also fosters focus, increased self-confidence, and team building skills. Whether an archer's interest is purely recreational, or aspires to compete in an Olympic, Paralympic or World Championship event, BC Archery Clubs are equipped to help athletes pursue all that the sport of archery has to offer.

Founded in 1966 by a dedicated group of archers, BC Archery's mission is to promote and grow the sport of Archery in British Columbia and Canada. Our organization is committed to maintaining and supporting family-oriented archery and striving to reach as large an archery population as possible in BC.



## **PROGRAMMING**

So, you want to start an archery club? One of the first questions you want to ask yourself is what kind of Archery Program do you want to offer? Will this be a purely recreational club where people just come to practice their archery skills? Will you be an indoor or outdoor only club, or will you offer both? Will it be target only or will you offer 3D archery as well? Will you be offering instruction to beginners? Do you want to offer an organized Junior Olympian Program? Do you want to coach high performance athletes and prepare them for competition? Your answer to these questions will help you focus your search for a facility that will meet your needs and to determine what type of instructors/coaches you are going to need.

# **FACILITIES**

One of your first hurdles will be securing an appropriate facility for the archery programming you wish to offer. Indoor facilities can range from school and church gymnasiums, Fish & Game Club clubhouses, or even warehouse space, and each will come with its own benefits and limitations. Outdoor facilities can be more challenging to secure with local parks or gun ranges offering some possibilities as well as private land. The biggest hurdle you will face once you secure a possible site is cost, as renting and insuring either indoor or outdoor spaces can be costly, and this will affect your fees you will need to charge members. Before looking

for a site in a particular community, be sure to check local bylaws to see if they allow for archery and, if they do not, is an exemption possible. You do not want to do unnecessary work only to find out the local bylaws prohibit the discharging of bows.

### INSURANCE

Once you have a site secured, you will need to get it insured. While insurance for archery related activities is offered by a variety of Sports Liability providers (Zen Insurance, K&K Insurance, BC Wildlife Federation, etc), Archery Canada's Insurance Program is one of the most cost effective ones around and offers affiliated clubs and their members comprehensive coverage with \$5m personal liability (compared to BCWF's \$2m), director and officer liability coverage for club boards, and coverage for guests (up to three visits). While automatic enrollment in Archery Canada's Insurance Program is only one of the many benefits of BC Archery affiliation, it does take a lot of the worry away from wondering if you have enough coverage.

# SAFETY OFFICERS, INSTRUCTORS, & COACHES, OH MY!

Once you have a facility secured and insured, you will now need to staff it accordingly. Your first appointment should be a Club Safety officer or two (BC Archery requires all affiliated clubs to have two safety officers or judges (you could have one safety officer and one judge, two safety officers, or two judges). The Safety Officer will ensure your range is set up safely and that your programs will run safely. Safety Officer training is offered online through Archery Canada and requires the individual to study and understand the Range Safety Manual and pass an open book exam. Once certified, the Range Safety Officer is responsible for ensuring the range is set up and operated safely. BC Archery requires all Safety Officers to sign an acknowledgment of their responsibility each year. As well as evidence of their Safe Sport training. Safe Sport training may consist of the Respect in Sport module listed on the BC Archery Website for Sport Leaders (applicable to the position held) or to the free Safe Sport eLearning module hosted by Coaching Association of Canada.

# **RANGE SETUP**

BC Archery requires a safe archery range to shoot on. Basic archery ranges can be safely set up in a variety of indoor and outdoor spaces. Indoor and outdoor ranges are easily constructed. Whether you're using a gymnasium, multipurpose space, large open space, tennis court, baseball field, basketball court, or soccer field, you can provide a safe archery range for Try-it Archery events, club activities, organized shoots, or official registered competitions. Use the standard indoor and outdoor range diagrams provided in Chapter 3 to ensure your range is set up safely. Although the distance between the shooting line and targets will vary by program and event, all range lines and safety zones should remain clearly marked. Please refer to Archery Canada's Range Safety Manual and the World Archery "How to Build an Archery Range" for step-by-step range set up instructions.

# **EQUIPMENT**

Now that you have a safe range set up for your program, you are going to need equipment. The equipment you will need is going to depend again on the type of program you wish to offer. For starters, you will need the basics:

- 1. Buttress for stopping arrows.
- 2. Target Stands to hold up the Buttresses.
- 3. Floor Quivers to hold arrows.
- 4. Backstop Netting.
- 5. Targets

The rest of the equipment is going to depend on the type of programs you are going to offer. See Chapter 5 Equipment for suggestions for a kit for a beginner program.

- 6. Bows.
- 7. Arrows.
- 8. Arm Guards.
- 9. Finger tabs.
- 10. Sights.

Additional equipment such as finger slings, clickers, chest protectors etc. can be useful (like the sight) but are not necessary as archers can purchase their own if they wish.





# AFFILIATING YOUR CLUB WITH BC ARCHERY

Affiliation with BC Archery has its benefits and by joining, you are helping to promote the sport of archery and all its related disciplines in BC. As mentioned above, BC Archery affiliated clubs are automatically affiliated with Archery Canada and are covered by Archery Canada's Insurance Program, which includes:

- \$5,000,000 coverage for individuals and eligible clubs: first-party coverage for public liability and property damage, personal liability, personal injury, medical payments, property damage, cross liability, non-owned automobile, limited watercraft coverage, worldwide coverage, and secondary coverage for hunting
- Insurance: Provide Sport Accident insurance coverage for archery participants in club and sanctioned activities
- Insurance: Provide insurance coverage for Directors and Officers for clubs of participating Provincial and Territorial Members

As a BC Archery member, you are also supporting our development of programming and resources for coach & judge development in BC to ensure we have capable coaches and officials at our clubs and tournaments around the province. As a BC Archery affiliated club, your club can bid to host any of our various regional and provincial championships in Indoor and Outdoor JOP, Target, Field, and 3D Archery. As a BC Archery affiliated club, your members

will know that your club promotes safety by following our established minimum standards, club resources and recommended procedures for archery activities.

# BC ARCHERY CLUB AFFILIATION REQUIREMENTS (AS POSTED ON THE BC ARCHERY WEBSITE)

- » Application and payment: Complete the current application form through the Archery 2M membership system.
- » In order to satisfy eligibility criteria, a club must have a minimum of two (2) certified Safety Officers and/or Judges who are active members of BC Archery. Information on how to become a Safety Officer or Judge can be found on the Judging page of the BC Archery Website. \*the Judges and/or Safety Officers must sign an acknowledgement of responsibility which must be included with the club's documentation submission.
- » For clubs hosting the BC Archery JOP program, it is necessary to have at least one (1) certified coach at the minimum level of Instruction of Beginner Archers to oversee the program. (The old "level" is not sufficient; Making Ethical Decisions is a requirement) More information is available on the Coaching page. The coach must also be an active member of BC Archery in order for their certification to be recognized.
- » It is suggested that the renewals for the listed Judges/Safety Officers/Coaches are made prior to the club renewal in order to ensure prompt processing of the club application.
- » The club must ensure that anyone working with or having unsupervised access to youth and/or vulnerable adults must have a current, clear CRC check on file with BC Archery, in accordance with our Criminal Record Check policy. Information on obtaining a CRC can be found further down this page.
- » Clubs must abide by BC Archery's policies and implement these or more stringent policies of their own.
- » Clubs are required to submit proof of good standing with the Province by supplying either a current Certificate of Good Standing

or a copy of their annual report as submitted to the Societies Registry or Corporate Registry (dated within the last 12 months). If a club is unable to provide either of these documents, it will be necessary to submit a copy of the minutes from an AGM held within the last 12 months, along with a complete list of members in attendance at that AGM.

» Supporting documentation is to be emailed to the Executive Director.

Failure to meet these criteria and/or submit all the listed documents may result in delays or rejection of your application.

Use this checklist to assist with your application submission.

# BUILDING YOUR MEMBERSHIP

If you have chosen to affiliate with BC Archery, all your archery club members MUST become BC Archery members. You have a couple of options for how to manage your members' BC Archery Affiliation:

1. The first membership option is to have your members join BC Archery through the BC Archery Website using the AC Interpodia Membership System (Archery 2M Registration System) at bcarchery.ca/about/membership/ join-bc-archery-association. Once they access the BC Archery landing page, they will create their account. Please remind members to select your club from the affiliations dropdown menu during registration. If you use this option, you will want to confirm your new members' BC Archery membership using the Membership Lookup feature found on the same BC Archery landing page. You can search individual archers by name or number. Another option is to use the club affiliation filter to see all the archers who selected your Club during their registration. If you do not see the archer on the list, do not assume they are not a BC Archery member as they may have selected a different club during registration. A follow-up search of the individual archer should be performed. Once confirmed, you can proceed to enroll them in your own club's membership system.

- Your other option is to sign onto Interpodia/
   2M, and create a Club Specific Portal. Some advantages of having a club specific portal include but are not limited to:
  - Club members can process their annual membership for the Club, the PTSO and Archery Canada in one step (all inclusive)
  - Payment Splitting when archers register through your portal, payment is automatically split between the club, your PTSO and Archery Canada. No more mailing cheques and spreadsheets!
  - Access to membership management tools
  - Access to online event registration features
     such as online payment processing and membership validation
  - · Volunteer Registration tools
  - Reporting and Statistics dashboard
  - · Waiver and Declaration collection
  - · Donation Features
  - · Integrated Payment Processing
  - Financial Reporting
  - Technical Support
  - · And more

This option allows you to have one process for your members with one payment, and the system will then divide up the fees and distribute them (payment splitting) to the appropriate body (Club, BC Archery, and Archery Canada). This also allows you to have all your archers' information in one place and you can use the Mailchimp option to email all your members. This option does require additional set up and will come with a cost to the club depending on the plan you choose. You will need to contact Interpodia and they will walk you through the onboarding process.

3. If you do not wish to set up a Club Specific Portal, you may still use the Administration Transaction feature of the 2M system to create the accounts for your new members yourself.





## SETTING YOUR FEE STRUCTURE

As a Club, you are free to set your own fee structure, however, if you choose to affiliate with BC Archery/Archery Canada, you are also agreeing to their fee structure. The BC Archery fees for 2024 (subject to change every year) were:

CATERGORY	RATE
Adult (21+)	\$ 86 (birthdates 1900-2002) (BC=\$65, AC=\$21)
Youth (0-20yrs.)	\$ 66 (birthdates 2003-2023) (BC=\$50, AC=\$16)
**Max 2 'adults' and any number of 'youth' residing in the same household.	BC=\$115 + AC (\$21 per adult, \$16 per youth)
**must have valid certifications and meet Safe Sport requirements	\$ 60 (BC=\$39, AC=\$21)
Clubs (Affiliation requirements are listed on page 5)	\$170 (BC=\$120, AC=\$50)





When considering additional charges beyond these fees to your members, consider the cost or expenses your club will incur as a result of the program(s) you will be offering. Your club membership fee can be structured annually to include all club activities, or you may charge participants a set club fee plus require additional payments for other items or services such as equipment rental, private coaching, or event registration. The following is a list of items to consider when setting the individual participant club fee:

- Instructor or Coach Fees (will you use volunteer coaches, will you pay an honorarium, will you pay your coaches an hourly rate?)
- Club Equipment and/or Equipment Rental (remember that equipment will require regular maintenance as well as replacement of broken/damaged equipment).
- Achievement Award Program Merchandise Fees (will your club use the BC Archery JOP awards or will you have your own achievements?)
- · JOP Tournament Fees
- · Range Rental Fees
- · Club Uniforms

# **COLLECTING FEES**

The club administrator should establish standards and a protocol for how fees and fundraising dollars will be managed. The following administration and accounting advice can assist the club administrator:

- 1. Operate the club like you would a business
- 2. Set up a bank account for the Club
- 3. Pay for materials and supplies by Club cheque or Club bank card
- 4. Do NOT mix personal and club money and equipment
- 5. Set realistic budgets and cash flow analysis
- 6. Hire an accountant to do your Club books and taxes
- 7. Keep good records
- 8. Retain participant registers and waivers for 2 years (for minors it is 2 years beyond their 19th birthday) and make everyone sign
- 9. Maintain good communication with members



# INCORPORATION VS NOT FOR PROFIT SOCIETY

While not-for-profit status is not a requirement to start a BC Archery Club, clubs who obtain and maintain not-for-profit status may be eligible for additional grant opportunities. In B.C., not-for-profit / non-profit organizations are known as societies. Societies are independent, democratic organizations that are required to comply with the Societies Act and their own constitution and bylaws.

Societies do not earn any profits for its members. All money is donated to the organization's cause or goal. They may be eligible to:

- Register as a charitable organization: Canada Revenue Agency > Charities and giving
- Receive funding from community gaming grants or get a gambling event licence for fundraising
- Use money to support the organization's cause or goal, but they also use some money to pay for employee salaries and administrative need.

If you choose to remain a for-profit business, you will still need to decide if you wish to incorporate or remain a limited company. Businesses do not have to incorporate but incorporating has advantages. An incorporated company is a legal entity. It's independent of its members. This makes it easier to enter contracts, incur debt or get funding. Deciding whether to incorporate depends on the goals of the organization and needs of the individuals involved.

Clubs are required to submit proof of good

standing with the Province by supplying either a current Certificate of Good Standing or a copy of their annual report as submitted to the Societies Registry or Corporate Registry (dated within the last 12 months). If a club is unable to provide either of these documents, it will be necessary to submit a copy of the minutes from an AGM held within the last 12 months, along with a complete list of members in attendance at that AGM.

# **FUNDRAISING**

Fundraising is a great way for Clubs help offset costs for club activities, equipment and tournament travel and it can be very successful with the assistance of parents and/or volunteers. Potential ways to fundraise include:

- · Organize a Try-it Archery Event
- Organize and Register a Local Archery Canada Tournament or a 3D fun shoot
- Product Sales
- Request Donations from Local Businesses for door prizes/awards

# **INSURANCE**

While only one of the many benefits of affiliating with BC Archery, as mentioned already, Archery Canada's insurance benefits provide important coverage to individual, club and provincial association members. While archery is one of the safest sports out there, having \$5 million third party liability insurance coverage provides some peace of mind that allows you to concentrate on serving the needs of archers in your club! For more information on insurance coverage, please refer to the Archery Canada Insurance program.



# **CERTIFICATION REQUIREMENTS**

As mentioned earlier, BC Archery affiliation comes with some requirements for coaches, safety officers, and/or judges. Certification for your instructors, coaches and officials does not just provide them with valuable knowledge and hands-on skills, but also boosts the marketing value and credibility of your program. The National Coaching Certification Program (NCCP) provides standardized, inclusive, and safe sport education to coaches and coach developers across 65 sports. Sport-specific coaching clinics are offered by Learning Facilitators (LF) in BC. These LFs follow the program set out by the NCCP and Archery Canada for each level of coaching certification.

The Coaching Association of Canada (CAC) manages and delivers NCCP training through its partner network of 65 National Sport Organizations and Provincial/Territorial Sport Organizations. The Coaching Association of Canada (CAC) has implemented changes to coaching certifications across all Canadian sports. BC Archery and Archery Canada have chosen to follow their recommendations and transition from the old "Levels" to the new certifications and standards. If your club wishes to offer a Junior Olympian (JOP) Program, you will need to have at minimum an NCCP certified Instructor of Beginner archers.





# INSTRUCTOR OF BEGINNER ARCHERS

This type of instructor teaches basic skills to individuals with very little or no experience in archery. The coach will focus on the fundamentals of archery with an emphasis on safety. This is the minimum level of certification to be working with the JOP program at the club-level. By presenting several mini-lessons and demonstrations, as well as observing interventions during shooting throughout the course of this workshop, coaches/instructors will be prepared to introduce archery to athletes in a variety of settings, including: clubs, camps, schools, and other organized activities.

# **INSTRUCTOR OF INTERMEDIATE ARCHERS**

This type of instructor helps participants refine basic skills and introduces a variety of more complex techniques to individuals who already have some experience in archery and who already exhibit a fair degree of proficiency in shooting. An instructor working with intermediate performers is expected to be knowledgeable in all matters related to the selection and adjustment of equipment.

This is the minimum level of certification required to accompany a team to the BC Winter Games as a Zone coach or to support an athlete applying for funding. Designed for coaches / instructors already involved in a club or organized archery program, the Instructor of Intermediate Archers workshop will refine the basic archery skills and introduce a variety of more complex techniques for athletes who already have some experience and who exhibit a fair degree of proficiency in the sport. Customizing instructions based on the individual characteristics of each participant and managing big groups of athletes will also be covered. Instructors will be required to work directly with an athlete as part of their portfolio work and complete an intervention to be evaluated by a coach evaluator.

# COMPETITION DEVELOPMENT COACH

Most of these coaches work with adolescents and young adults. Developmental coaches help athletes refine basic skills and tactics, teach more advanced skills, and prepare them for provincial or national level competitions. Athletes would train several times a week on a seasonal or annual basis to improve performance. The outcome of competitions is of greater importance to the athletes.

This is the minimum level of certification required to accompany a team to the Canada Winter Games as a Head Coach.

# COACHING CLINICS

BC Archery Coaching Clinics are held over a full weekend and each trainee is required to complete some pre-work and follow-up work prior to certification. The cost is \$150 per member with 8 to 12 members in each course.

Attendees should download the reference manual and workbook and bring copies to the class (digital is fine). The Learning Facilitator (LF) will bring any other equipment needed to run the clinic. This is a "hands on" event where the participants will teach and learn at the same time, with some guidance and instruction from the LF. The weekend has always been received as informative and fun with a lot of new things learned. We encourage participants to bring their own equipment for both shooting and repair, as you will be demonstrating both during the weekend.

For any of the courses, you are given 12 months to complete the course work, portfolio and evaluations. All certification levels also require coach trainees to complete a Making Ethical Decisions Module before they are eligible for certification. This only needs to be competed once before your first certification. If the 12-month period expires, you will need to challenge the course in order to complete it, and this may require a challenge fee. We encourage you to complete the work as quickly as possible to save time and money.

Everyone taking any coaching training must

have a coaching number. If you do not already have an NCCP coach number, you can request one from The Locker at www.coach.ca. You will need an email address that is unique to you (no sharing email addresses) - this is a requirement of the Coaching Association of Canada. If you have a number but have forgotten it, you can look it up on the same website. Please provide your coaching number to your LF so that you can get the proper credit for your coach training.

For all levels of coaching, your NCCP certification is only recognized if you are a member in good standing with BC Archery (or other PSO), so maintaining your membership is important.

# BC ARCHERY'S COACH MENTORING PROGRAM

BC Archery's Coach Mentoring Program is intended to provide a structure that will assist individual member coaches to advance and enhance their coaching skills and to strengthen and grow the coaching community within the organization. The Program will be administered by BC Archery's Coaching Committee and will be available to BC Archery members who have successfully completed the Instructor of Beginner Archers course or higher and have been certified or are working on certification in the Coaching Association of Canada's (CAC) National Coaching Certification Program (NCCP). Participation in the Program for both mentors and mentees is voluntary. Application forms for all participants will be available on the BC Archery website.

# RESPONSIBLE COACH MOVEMENT

The Responsible Coaching Movement (RCM) is a call to action for sport organizations, parents, and coaches to enact responsible coaching across Canada – on and off the field of play. The RCM helps sport organizations in Canada ensure the health, safety, and well-being of all participants, both on and off the field of play. Responsible Coaching promotes a safe and positive sports environment for all. From the coaches interacting with participants, to the volunteers and staff of sport organizations and clubs, everyone has a role to play to help keep sport safe, smart and secure.

Established by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport, the RCM invites all coaches and sport organizations to learn and apply consistent safety principles at all times. It includes three distinct pillars: the Rule of Two, ethics training and background screening. These each serve to help create a sport environment that is Safe, Smart, and Secure.

Coaches, volunteers, parents and participants can play their part to support this movement by encouraging sport organizations to take the RCM pledge.

# SAFETY OFFICER TRAINING

A Range Safety Officer (RSO) is the minimum required status for a club to meet membership requirements. Range Safety Officers ensure the safe set-up and operation of an archery range. The training manual and exam can be found on the Archery Canada website. The exam is offered for free, however your membership must be in good standing for the current year in order for your exam to be marked. Confirmation of successful completion will be sent to you by Archery Canada. Range Safety Officers are not qualified to ensure the safe set-up and operation of the range.

# PROVINCIAL JUDGE TRAINING

While your club does not require a Provincial Judge to affiliate with BC Archery, a Provincial Judge training is more extensive than that of a Safety Officer, and if your club intends to host tournaments registered with Archery Canada, having a Provincial Judge in your club would save you having to bring one in to officiate. Like coaches, in order for Judge certification to be recognized, the Judge must be a current member of BC Archery. This is important so that the scores of the athletes are not jeopardized by an administration error. There are two ways to become a Provincial Judge Candidate: attend a weekend clinic or take the home-study course. This will provide the foundation for the candidate to work towards full certification as a Provincial Judge.

The process of becoming certified requires experience in the various disciplines, mentoring under a certified judge. There is an opportunity to be certified as a Provincial Judge in a specific discipline of Field, Indoor and Outdoor target, and/or 3D. Case studies must be completed within 6 months of starting the process, otherwise, you will need to start over and pay the course fee. Candidate status will be granted upon completion of several case studies and achieving a mark of at least 70% on the final exam.

In order to become certified, the Candidate must:

- Complete practical experience hours at registered tournaments (can be local) working alongside a qualified Provincial Judge. The practical hours are reported by the Provincial Judge to the Judge Chair. The candidate will be required to obtain practical hours at BC Provincial Championships. During these practical hours the Candidate should obtain experience performing equipment inspections, making arrow calls, running the timer, and applying the rules.
- Target certification requires experience in Indoor and/or Outdoor Target competitions (ie BC Championships). Field certification requires experience at an AC registered Field event. 3D certification requires experience at a Provincial Outdoor 3D Championship. Obtaining any/all certifications requires working with a fully certified Provincial Judge at the events. The Provincial Judge shall report to the Judge Chair their satisfaction level of your performance at the event along with a recommendation whether further experience is required.
- A Candidate is not allowed to officiate a registered tournament by themselves: the mentoring Provincial Judge must be present alongside the Candidate.
- A Candidate may officiate club-level or social events (unregistered) and be a valuable resource for the athletes with regard to safety, rules and equipment.

# SAFE SPORT MOVEMENT

Anyone involved in sport should be able to thrive and perform at their best without fear of abuse, neglect, or other maltreatment. Creating safe sport environments that provide those conditions is a collective effort — one that requires proper training so people can recognize maltreatment and prevent or address it. The Coaching Association of Canada's Safe Sport Training was designed to meet the needs of national-level sport organizations, but its principles apply at any level of sport. Creating a culture where everyone can thrive is a shared responsibility. The Safe Sport Training module developed by the Coaching Association of Canada (CAC) will help anyone involved in sport identify and prevent situations of maltreatment. As a BC Archery affiliated club, all your instructors, coaches, and officials and volunteers who deliver archery programming are expected to take Safe Sport Training.

# CRIMINAL RECORD AND BACKGROUND CHECKS

In addition to Safe Sport Training, your club must ensure that anyone working with or having unsupervised access to youth and/or vulnerable adults must have a current, clear CRC check on file with BC Archery, in accordance with our Criminal Record Check policy.

This can be obtained in a number of ways:

- in person at your local law enforcement office (may require a fee to be paid),
- by completing a Consent to Criminal Record Check - this can only be done if you will see the President or Executive Director IN PERSON as your identification will need to be seen and verified (this method is free-contact the Executive Director for more information),
- by completing a request through the website mybackcheck.com and sharing your result with BC Archery. This method in 2024 carries a discounted cost of \$25+GST. You are then able to share (for free) the results with organizations that are also members of Sterling Back Check (other service organizations, employers, etc). If you have completed a check through Sterling Back Check in the previous 12 months, you

can share it with BC Archery at no extra cost.

In order to get the reduced rate of \$25+GST, it is necessary to request an invitation from BC Archery through the mybackcheck platform. To take advantage of this method, send an email to execdirector@bcarchery.ca requesting a CRC check invitation.

Sometimes you will be requested to provide further information, such as fingerprints, for which you will need to visit your local office and pay a small fee. This may happen if someone else (with a sketchy background) shares your name or birthdate. Small inconvenience, but beneficial to separate yourself from the other individual.



# ADDITIONAL TRAINING FOR CLUBS

# RESPECT IN SPORT TRAINING (FOR ACTIVITY LEADERS)

Athletes, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination. BC Archery has been implementing processes, procedures and policies to help create and maintain a safe environment for all athletes at every level of participation.

We all play an important role in creating and maintaining a more rewarding, safe and respectful environment for everyone involved. The Respect in Sport Activity Leaders Program can help us recognize, understand and respond to issues of bullying, abuse, harassment and discrimination (BAHD). This program is available on a user-pay basis through the co-branded Archery Canada - Respect in Sport platform.

This training is strongly recommended for anyone working as a coach, official, administrator or volunteer at any club or sport facility.

This 2.5 hour course is available to anyone with an NCCP number for a reasonable fee and will earn 3 PD points upon completion. For more information please scan the QR code on this page to access BC Archery resources.

# RESPECT IN THE WORKPLACE (FOR CLUB LEADERS AND BOARD OF DIRECTORS)

Respect in the Workplace was developed to provide organizations, of all sizes, with a standard tool to empower your team with the skills to prevent bullying, abuse, harassment and discrimination (BAHD). It is about improving culture, first and foremost. The secondary benefit is organizational risk and liability reduction.

This training is recommended for anyone working as a club leader or on the club Board of Directors.

This 90 minute course can also be completed at your own pace for a reasonable fee. For more information please scan the QR code on this page to access BC Archery resources.



# KEEPING GIRLS IN SPORT (FOR ANYONE WORKING WITH GIRLS IN ARCHERY)

Keeping Girls in Sport was created to help everyone who coaches girls, even parents, understand how girls develop physically, mentally, socially, and emotionally. When we understand how and why girls play we can help every young athlete stay in sport, reach their potential, and remain active long after the competitions end.

This training is recommended for anyone working with girls in coach, club administrator or program developer capacities.

This 90 minute course can be competed at your own pace for a reasonable fee. For more information please scan the QR code on this page to access BC Archery resources.







# **RANGE SET-UP**

BC Archery Clubs require a safe archery range to shoot on. Basic archery ranges can be safely set up in a variety of indoor and outdoor spaces. Indoor and outdoor ranges are easily constructed. Whether you're using a gymnasium, multi-purpose space, large open space, tennis court, baseball field, basketball court, or soccer field, you can provide a safe archery range for Try-it Archery events, Explore Archery, Club Achievement Shoots and/or events. Use the standard indoor and outdoor range diagrams provided to ensure your range is set up safely. Although the distance between the shooting line and targets will vary by program and event, all range lines and safety zones should remain clearly marked. Please refer to your Safety Officer Manual and the BC Archery Safety Policy range set up instructions.

Clubs are strongly encouraged to undertake a regular Risk Analysis of their facilities and

activities to identify any potential risks and hazards. If there is an identified risk the club should develop an action plan to manage that risk. Clubs should either develop their own Safety Policy (in line with the BC Archery Safety policy) or adopt the BC Archery Safety Policy. The Policy should be distributed to all members and prominently displayed at the Club.

Clubs should ensure that they have adequate insurance coverage for both the Club Directors and the Club members through

their memberships. Ideally, all Clubs and their Members should be members of the BC Archery, through which they would be members of the Archery Canada insurance policy. If Clubs have alternate insurance yet still have Club membership with BC Archery, please refer to the Guest and Short-Term Participant Insurance Policy on the BC Archery website at: bcarchery.ca /about/administration/short-term-insurance

Shooting must cease immediately if a member of the public crosses the shooting range or moves behind the target butts. Shooting must not resume until all members of the public have reached a safe area. Be courteous to members of the public at all times.

Members who invite guests to the Club must ensure their guests comply with all safety rules. Alcohol and drugs must not be consumed by anyone prior to or while shooting. No person may shoot when under the influence of alcohol or drugs. Headphones or ear coverings must not be worn while shooting on the target/practice ranges.

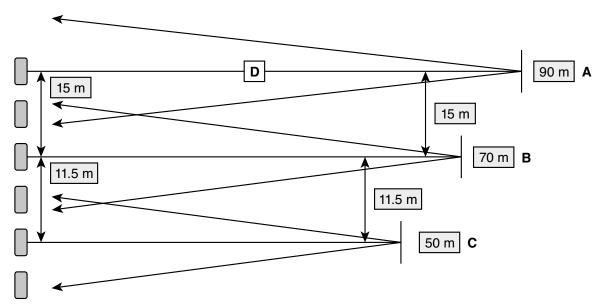
Should an accident or injury occur during a shooting session, the victim should file an incident report and send it to the club secretary within 48 hours of the incident's occurrence. Should an accident or injury occur during an organised event or clinic sanctioned by BC Archery, the person in charge must file an incident report to the BC Archery within 48 hours after the incident occurred.



# **OUTDOOR RANGE LAYOUT**

Shooting in residential areas, including your own residential property, is discouraged and not recommended. If there is the possibility of uninvited public access onto the venue, warning signs and/ or barriers must be erected to warn and protect members of the public. As an example, the warning signs should indicate "Danger, Archery Zone, No Entry Allowed". The shooting area should be smooth/ flat and free of unnecessary objects. The barriers will be at least at 50 metres beyond the longest target distance for the range. This area should be fenced or have a sign posted or both in order to prevent vehicle or pedestrian access. The safety distance of 50 metres may be reduced if an adequate backstop, i.e. efficient netting, a bank or similar device, is erected (not a Hedge or penetrable fence). The backstop must be high enough to stop arrows which have just missed the top of the butts at the longest distance of the range. Considerations should also be given to any distractions caused to the archers by movement of people, etc., behind the butts. If a fence is to be used it should be constructed of such material to stop an arrow but also prevent undue damage to the arrow. There should be a clear zone of not less than 20m on either side of the target/practice range. This area should be suitably fenced and/or sign posted. Ideally, to prevent archers from having the sun in their eyes (causing a hazard) the target/practice range should be laid out so that shooting is toward the north.

Preference should ALWAYS be given to setting up a target/practice range using a permanent shooting line and staggered target butts. If the target/practice range is set-up using permanent target butts with a movable shooting line the club must develop shooting rules to ensure safety zones are enforced between targets of different distances. There must be a safety zone of at least 3 metres behind the shooting line. The shooting line must be marked clearly. This safety zone must be established with a minimum overshoot zone funnel (refer to Diagram 1). When setting up an outdoor target facility, no diagonal shooting is allowed at the same time as shooting that is occurring perpendicular to the shooting line. Archers from adjoining targets must not shoot in or enter the overshoot zone of another target.



All Archers on staggered shooting lines must move down together to collect arrows.

#### To calculate "safe" distances between targets:

Distance between centre of targets = (D) Distance divided by 6

Therefore in this example Archer A @ 90 meters must ensure that minimum distance left for safety is 90 meters divided by 6 = 15 meters from the centre of target A must be left as a safety margin to Archer B at 70 meters. Archer B@ 70 meters must ensure that 11.5 meters is available from the center of target B to target C for Archer C @ 50 meters.

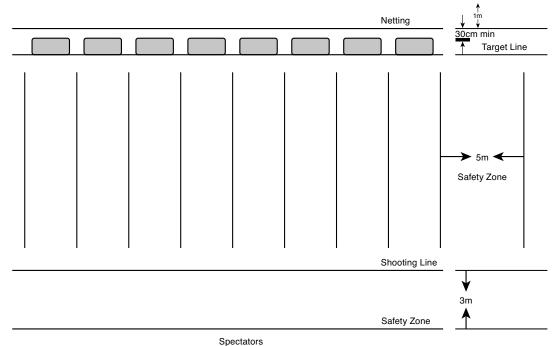
# INDOOR RANGE LAYOUT

Shooting area should be smooth and free of unnecessary objects. A backstop net should be hung behind the targets and at least 1m between the net and the wall. There must be a safety zone of at least 3m behind the shooting line. The shooting line must be marked clearly. During a competition this safety zone should be at least 5m. When setting up an indoor target facility, no diagonal shooting is allowed at the same time as shooting that is occurring perpendicular to the shooting line. For indoor tournaments the shooting line should not be staggered when two different distances are needed at the same time (e.g. youth distances). Instead, target butts should be placed at the different distances required.

The height of the shooting area must be at least:

- · 3m when shooting up to 35m
- · 4m when shooting between 40 and 45m
- · 5m when shooting between 50 and 55m
- · 6m when shooting 60m and more

Doors or windows situated in front of or beside the shooting line must be secured to prevent entry to range.







# SELECTING EQUIPMENT FOR BEGINNER PROGRAM

The recommended basic archery equipment for a class size of up to 20 students is:

#### ➤ 10 Basic Recurve or Genesis Bows

If you are going to offer lessons to beginners, then you will need a variety of bows of different lengths and draw weights. If you are offering lessons to youth, then bows in the 48 - 54" range and 10-16# ranges are recommended. For older teens and adults, 62 - 66" and 18-24# is recommended. Since compound bows are set up for the individual with set draw lengths, it is not practical to offer these to beginners, however, the Genesis bow (compound/recurve hybrid) is a possible option as they do not have the set draw length but have the look and feel of the compound bow. You are also going to need a selection of right-handed and left-handed bows (recommended 6 right and 4 left to start), as left eye dominance is more prevalent than left handedness. See below for more information on eve dominance.

#### **Bow Length**

The process of finding the proper draw length is not rocket science but getting it correct is vital to your archers' success. Selecting your proper draw length is equally important as choosing the right size shoe. If the bow is too large for the archer, then you will be missing out on the full













potential of the stored energy in the bow limbs.

The chart below is a guide to the bow size based on your draw length.

#### **Bow Size Guide**

DRAW LENGTH	BOW LENGTH
24" to 26"	64" to 66" bow
26" to 28"	66" to 68" bow
28" to 30"	68" to 70" bow
31" and longer	70" to 72" bow

#### **Draw Length**

Don't worry if sounds complicated a coach can help find your draw length. Two simple ways to calculate your draw length are:

1. Measure your arm span then divide by 2.5. For example, an archer with an arm span of 71 inches would have an approximately 28 inch draw.

2. Place the fist of your bow arm against a wall while facing along the wall with the shoulder relaxed. Turn to face the wall and and measure from wall to the corner of your mouth.



Your physical condition, stamina and motor skills will change the more often you shoot. If your draw weight is too heavy, the likelihood that you will learn proper biomechanical form is greatly diminished and the experience will be less than enjoyable. This commentary is focused mainly on beginner archers or those who are making a leap from recreational to competitive archer for the first time. Regardless of your age, gender, body type or willingness to learn; selecting the proper drawweight is important and again, the learning experience is hampered if you are over bowed.



















#### ➤ 60 Arrows

While you probably will not be able to precisely match arrows and archers in your beginner classes, you should have a variety of arrow lengths and spines to get as close a match as possible while emphasizing safety. It is recommended to start youth on aluminum arrows rather than carbon as they are more durable and can be straightened if bent, whereas carbon arrows may crack, and carbon splinters are nasty.

Arrow Length - refers to the length of the arrow shaft.

Safety Notice: The length of the arrow is very important from a safety perspective, as obviously you don't want to pull the arrow all the way past the arrow rest. Also, you don't want too much of the arrow in front of the bow, as this will result in the arrow being too heavy and although it may fly, you may have to aim much higher than you need to with an arrow of correct length. Your arrow length is derived from your draw length.

**Arrow spine** - refers to the stiffness of the arrow.

**Shaft size** - is always referring to the diameter of the shaft, the wall thickness of the shaft and the distance that the arrow shaft will flex before it bends or breaks.

#### ➤ Five Target Buttress - for stopping arrows.

(these can be store bought buttresses like the American Whitetail or Bull Dog) or can be a DYI buttress made with Donnacona or Polyethylene foam (you can find instructions on how to construct your own online).

#### ➤ Target Stands - to hold up the buttresses

Again, there are store bought options, but a basic stand can be built with 2x4 or 2x3 and a few screws or even PVC pipe. Again, you can find different instructions on how to build a target stand online. For a good one for American Whitetail and other similar matt buttresses visit



Stand Image courtesy of calcresult.com.



#### ➤ 10 Floor Quivers - to hold arrows:

Since not all of your archers will have their own hip or back quivers, especially if you are offering lessons to beginners, a simple floor quiver can be made with a 16" piece of 4" PVC or carboard tube screwed to wood base. A hole drilled in the wood base can allow you to stake the quiver with a tent peg when shooting outdoors. A large version can be made to house the club arrows by ringing a large tube with many smaller tubes.

#### **➤** Backstop Netting

If you are shooting indoors in a multi-use facility, they probably do not want you poking holes in the back wall, not to mention the damage done to your arrows by repeatedly striking a solid wall. Therefore, a backstop net is a must, and with it a means to hang the net/nets, which can weigh a hundred pounds or more, behind the target line. This will likely involve a steel cable (usually supplied with the net) secured to the wall on either side of the range. Consider using a pully system to ease in the hanging and take down of the net. If you are storing the net after each use, consider a large Rubbermaid bin on a wheeled cart to move it around.

#### ➤ One Bow Rack

Like the target stands, you can purchase bow racks from retailers but making one is easy out of wood or PVC.

#### **➤** Targets

While you may decide to have your members bring their own targets, having a selection of targets for varying levels can be beneficial, especially if you are offering lessons to beginners, and having a few novelty targets can make shooting more fun. If you decide to offer 3D archery, a variety of different sized animals would be good to have, and a simple wood stand can be made by stacking 2x6" of different lengths with a hole drilled for the foot pipe for use indoors. Bag targets are recommended to be placed in front of any wheels of target stands to protect arrows that miss the animals

#### ➤ One Repair Kit

Repair kit should include allen wrenches, pliers, utility knife, screw drivers, glue, etc.

#### ➤ 20 Arm Guards

Again, a variety of sizes is recommended, and it is encouraged to offer longer guards that protect the upper and lower arms for beginners, especially those that show "hyper extended" elbows, which can put their elbow in the path of the string when proper form is not maintained (common among beginners).

#### ➤ 20 Finger tabs

While not as critical as arm guards for safety, finger tabs or gloves should be available as they can reduce the discomfort of repeatedly pulling the bow string and thereby increasing the level of enjoyment. A thin piece of soft leather cut to the shape of three fingers with a finger hole cut at one end will do.

#### ➤ Sights

At some point you will want to introduce your archers to a sight, especially if they plan to compete at a high level (IE: Olympics) as barebow archery has limited global recognition, although it is growing every year. These can be simple single bar and pin sights for recurve which will allow the archer to experience the use of the sight before deciding to purchase their own more expensive one.

#### ➤ Balloons

A must if you are offering programming to kids, but don't be surprised if your adult members want to burst a few too.

Additional equipment such as finger slings, clickers, chest protectors etc. can be useful (like the sight) but are not necessary as archers can purchase their own if they wish.





# **EQUIPMENT RULES**

BC Archery club programs follow Archery Canada/World Archery equipment rules and regulations for sanctioned events. Equipment regulations are listed in the Archery Canada Rulebook. It is recommended that coaches and athletes be aware of these regulations and check the website regularly for changes.

# **EQUIPMENT PURCHASES AND MAINTENANCE**

Equipment Kits and individual items to build-your-own equipment kit can be purchased online form a number of reputable dealers (Canada Archery Online (Canada), Lancaster Archery Supply (US), Alternative Services (UK), etc.), however, it is strongly recommended that you purchase from a local archery retailer. A brick-and-mortar store will have knowledgeable staff who can offer you advice, and you will be supporting a local business that in turns supports our sport.

Archery 360 – a resource site of the Archery Trade Association, with plenty of information to help archers get started: www.archery360.com

International BowHunters Organization (IBO): www.ibo.net

Alan's Factory Outlet: https://alansfactoryoutlet.com/building-your-own-diy-hobby-space/

# CLOTHING

The key to good shooting is being relaxed and comfortable. Archery is an informal sport and most definitely not a fashion show! Clothing should be suitable for you to shoot in and appropriate to the weather conditions when outside.

archery. They will be drawing more weight after

the first few weeks and draw length will change accordingly. Once they have good archery

form this would be a good time to purchase

new equipment. Please refer to your instructor

certification materials for complete equipment

basics and how best to fit archers to equipment.

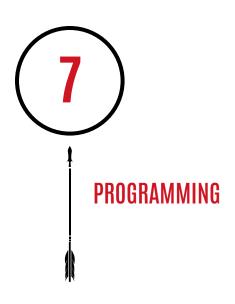
However, it is best to refer archers to a local

archery retailer for bow, arrow, and accessory

selection, fitting and tuning.

Safety Notice: Close fitting tops such as a tee-shirt, polo shirt or similar is ideal. Avoid anything baggy as it can become tangled in the string, spoiling your score and the clothing! No ties (remember, relaxed and informal!), chains or necklaces visible outside your clothing and no open toed shoes. Long Hair should be tied back to prevent interfering with the bow string.





# BC ARCHERY JOP PROGRAM

# What is the Junior Olympian Program?

The Junior Olympian Program (JOP) is designed to recognize young archers for their achievements and give encouragement for improvements. As awards are earned, each youth develops archery skills together with greater confidence and ability to perform in competition. Goals include recognizing fair play, courtesy and good sportsmanship with emphasis placed on safety and individual performance. Archers are encouraged to participate in the Provincial JOP

Championships.

The program is open to youth aged 6 to 20 (as of December 31 of current year). Youth should have their own bow and arrows, arm guard and finger protection. Sights and/or releases are optional. Individual clubs may choose to provide equipment until it is determined what set-up would work best for each athlete.

Shooters will learn about safety rules and learn the visual and audible signals used for timing/ safety controls.

Indoor JOP rounds follow the protocols of a Canadian 300 round, with modifications for skill level: new archers would start on an 80cm target

progressing through to a 60cm target and eventually 40cm when they master their skills. Depending on equipment category, Outdoor JOP rounds are shot on a 122cm or 80cm face at distances starting at 15m progressing through to 70m as skills are honed. Outdoor shooting introduces the challenge of shooting longer distances and facing the elements of Mother Nature: wind, rain, cold, sun and heat.

# PROVINCIAL JOP CHAMPIONSHIPS

BC Archery holds several opportunities for JOP competition, with an Indoor Championships in April, Outdoor in June, and Indoor Regionals and Mailmatch in the winter. Regionals and Mailmatch are held in each club and the scores are compiled with all the scores in the Province to determine placings. Indoor and Outdoor Championships are held in 4 or 5 locations around the Province to bring the kids together

in a tournament environment, getting them outside their comfort zone, and exposing them to the

challenge of a real tournament environment. Scores from all venues are compiled to determine overall placings. Youth compete according to the next classification they are working for, regardless of age or equipment. For example if the archer has achieved the Master Archer badge they will compete against all other

archers who have achieved this badge and are working towards the Expert Bowman badge. The JOP Championship events loosely follow the protocols of the Canadian-300 and 720-rounds with modifications for skill level and equipment types. For this reason, the events are not registered with Archery Canada, however, the athletes are eligible for BC JOP records.

# LOCAL CLUB REQUIREMENTS

- 1. A club JOP coordinator who will:
  - submit a list of all JOP participants in the program including their birth date, club, gender, and BC Archery number

- if youth is a new participant, ensure they have purchased a membership with BC Archery.
- maintain records of scores shot on JOP nights.
- submit scores to the BC Archery JOP coordinator when a participant has achieved their next level, including participant's full name, score(s) and level achieved.
- distribute certificates and/or plates/ stickers as they are earned
- 2. Indoor Range suitable for 18m shooting. Clubs supply butts, targets and scorecards.
- Coaches to instruct and supervise youth; must have at least one certified coach overseeing the program (the Coach must have successfully completed Making Ethical Decisions).
- 4. For participation in Outdoor JOP, a range suitable for shooting up to 70m. Clubs supply butts, targets, and scorecards.

# ADULT ACHIEVEMENT PROGRAM

While BC Archery does not currently have an official Adult Achievement program, there is nothing stopping your club from developing your own. Adult members in your club are also able to participate in the Archery Canada Indoor and Outdoor Mailmatches, as well as participating in Provincial and National Championships.

# TRY-IT SESSIONS

One way you attract new archers to your club is by hosting Try-it session. Your AC Insurance Short Term Participant Policy allows "guests" up to three visits to your club as long as it is not a tournament or event. This allows prospective members a chance to try archery using Club Equipment before they commit to joining your club and BC Archery.

# HOSTING CLUB EVENTS

Another way to increase interest and engagement in your club is to host club events. This could be a competitive archery league, or it could be a fun holiday shoot (put up spooky targets at Halloween or try shooting hearts at

Valentine's Day like Cupid), or you can have a Game Night where you all play an archery game.

# **HOSTING REGISTERED JOP & AC EVENTS**

JOP Indoor and Outdoor Championships are held regionally in April and June, respectively, each year. If you wish to host one of these events, please review the BC Archery hosting manual as found on the BC Archery Website and complete this bid form. Bid deadline is December 15th for events for the following year.

BC Archery affiliated clubs are also Archery Canada affiliated clubs and so have the option to register a club shoot for Ranking, and addition in the Archery Canada event calendar. Frequently asked questions, and an outline on how to register a shoot are outlined below:

Any club event, meeting the minimum requirements outlined below, can be registered into lanseo. This includes, but is not limited to, 3D shoots, Field, Indoor and Outdoor Target, as well as IFAA Rounds.

Minimum requirements:

- Venue must be able to accommodate up to 10 archers
- Minimum of 3 archers must participate for scores to be considered for ranking
- Officiated by a Provincial Judge (or higher)

More information can be found on the Archery Canada Website: archerycanada.ca/resources/ianseo-tournament-registration-system/

# HOSTING REGISTERED PROVINCIAL CHAMPIONSHIPS

Once you are established as a club, you may decide to showcase your club at a BC Archery Championship event. Affiliated clubs are eligible to bid on hosting these events. The Tournament Hosting Manual details what is required to host the Indoor, Outdoor or 3D Championships. If you would like to be considered, you will need to submit a bid form by August 25th for the next years' event.





# TARGET FACES

All JOP achievement award rounds and all Provincial Championships and Archery Canada registered tournaments (including Mailmatches) will be scored on a World Archery Multi-Colored Target Face (excluding Field Archery and 3D Archery rounds). Please refer to the JOP Manual to see which distance and target face is required for each certificate level. Adult indoor rounds are shot on either a 40cm full face or a 20cm three spot target face (one arrow is shot into each face that has the 6-10 scoring rings). Outdoor Rounds are shot on a 122 cm World Archery Multi-Colored Target Face for Recurve and a 80cm World Archery Multi-Colored Target Face for Compound. Your club may also decide to purchase 3D targets (life sized foam animals) which have a different scoring system (either IBO - 5, 8, 10, 11; or ASA (5, 8, 10, 12, 14).

## **SCORING**

When scoring in practice, archers can keep their own score, however, scoring in registered tournaments and championships, three archers will double score the round with Provincial Judge present. When archers score for JOP achievements, they should treat it like a tournament. While double scoring is encouraged, it is not a requirement, however, a club leader, instructor or coach must be present. Qualifying scores for Achievement Awards may also be achieved in BC Archery registered tournaments, in which the archer

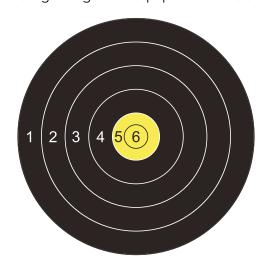
only need one score to earn the achievement.

If an arrow comes to rest on a line of a target, then the arrow is counted on the higher ring. Inner 10-ring scoring is used during Indoor Compound rounds (with the exception of the Archery Canada Indoor Mailmatch) and means only those arrows that land in the inner 10-ring are counted as 10s, the outer 10-ring is ignored and arrows in this area are counted as 9s.



# FIELD ARCHERY

Field archery rounds are scored on a 6 ring black and gold target. Like the 10 ring target, an arrow touching a line is counted on the higher ring. Targets may range in size from 20cm "Bunnies," 40cm, 60cm or 80cm and are set at various distances either marked or unmarked, and may be on an elevated trail course or on a flat field course. See the AC Rulebook 2 for a complete set of rules to set up a field target course including distances for the different shooting stakes depending on age and equipment division.



# **3D ARCHERY**

As a club, you may also decide to offer 3D archery either as a trail course or a flat field or indoor 3D (see the AC Rulebook 2 for a complete set of rules for setting up a 3D course). 3D archery is shooting at life sized foam animals with unique scoring rings. These rings may either follow IBO (International Bowhunting Organization) rules or ASA (Archery Shooters Association) rules. Some targets may include both sets of rings on the same target (Universal). Most Canadian 3D shoots follow IBO scoring rules, although ASA is growing in Canada.

- An arrow touching the dividing line between two scoring zones or the border line of the scoring area shall score the higher value.
- A hit in the horn or the hoof, or other defined non scoring area, not touching the body colour zone, a glance-off or any other miss counts as a miss (M). A hit in the tail or wings of a bird target is a scoring arrow. An arrow passing through the horn or hoof or other defined non scoring area, but touching a scoring zone, will score the value where it touches the scoring zone. An arrow passing through the horn or hoof or other defined non scoring area, but not touching a scoring zone will score a miss (M).



#### **IBO Scoring zones**

The target is divided into four scoring zones (11, 10, 8 and 5)

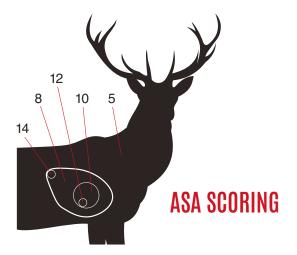
11 points for the small circle in the centre of the 10 ring (about 25% of the 10-ring zone)

10 points for the larger circle within the vital area

Eight points for the vital area outside the 10-point circle

Five points for the remaining body colour zone





#### **ASA Scoring zones**

The target is divided into five scoring zones (14, 12, 10, 8 and 5).

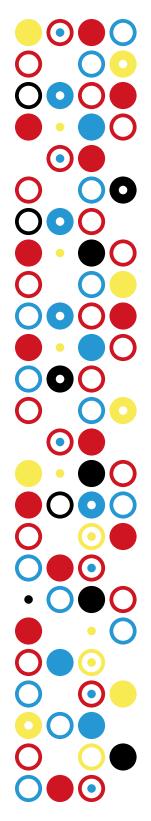
12 points for the small circle offset inside of the 10 ring (about 25% of the 10-ring zone); if two rings are present, the lower 12 ring is in play unless the archer calls the upper ring (to avoid arrows already in the lower ring)

10 points for the larger circle within the vital area

Eight points for the vital area outside the 10-point circle

Five points for the remaining body colour zone

14 points for the small circle in the vital area outside the 10-point circle usually used only in finals



Archery is more than just a sport; it's a journey of self-improvement, focus, and camaraderie.

EMBRACE THE CHALLENGE, IGNITE.



LEARN MORE AT:
bcarchery.ca

