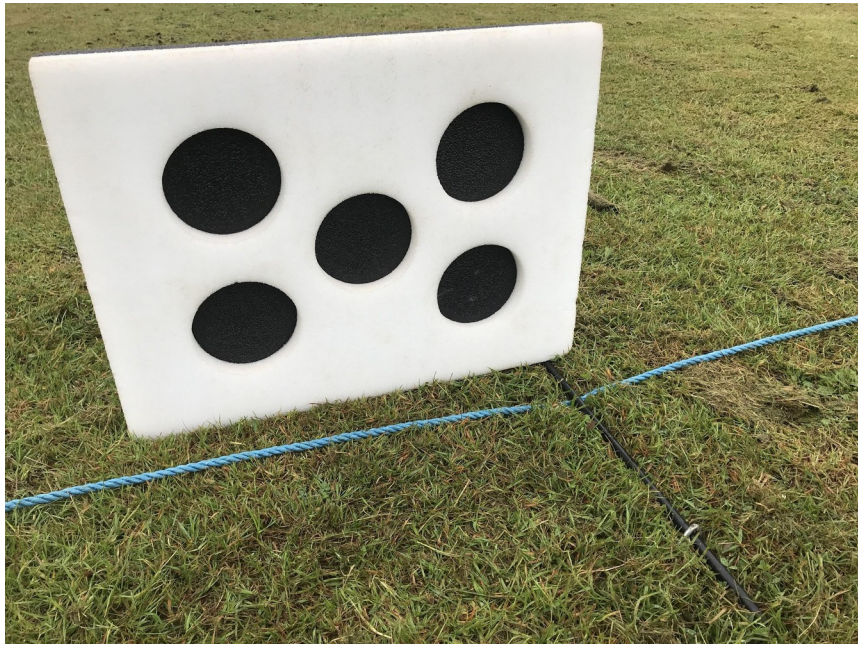


Archery Tag SOP



Set up

- Layout the blue rope in a rectangle to create an arena. This can be pegged down but ensure the pegs won't be a trip hazard.
- Use the second rope to create the no-go area in the middle of the arena. See photo.
- The cones can then be placed around to highlight the extent of the arena and the no-go area.
- Inflate the 'bunkers' and peg down two per side. Again, ensure the pegs won't be a trip hazard.
- Check the number of bows, arrows and helmets needed.
- String the bows.
- Ensure you have enough paper and pens for your marshals to tally the scores for you.
- Everyone must have correct footwear, no bare feet or flip flops, 'sliders', etc





Training and practise

- Once the group are listening, set out your expectations, especially the need to listen and follow your instructions.
 - **Helmets must be worn at all times.** If you need to adjust it or clean the visor, place your hand in the air, turn your back to the opposition and leave the arena before taking the mask off. If hit by an arrow, this will not count.
 - Firing an arrow. Grasp the bow by the handle and hold it horizontally in front. Place the arrow on the bow and slide along until it meets the groove above the handle. Place the nock on the string - **white flight away from the bow.** Pull the string back, with a bend in the arm holding the bow (this stops the string hitting the wrist) and on command, release.
- Break down each part of the above into step by step commands to ensure you have control of the group and that they are aiming to where you want them to.
- Only have a maximum of 10 firing at a time. Group in 2, 3 or 4, with each taking a turn. This allows you to correct anyone holding the bow wrong and encourages those watching to check out others with good technique.
- Once everyone has had a couple of goes, try the clay pigeon activity. 'Teal' throw the white disk like a frisbee from behind the archers. 'Pigeon' throw the disk from left to right (or vice-versa), be careful they don't fire too soon and hit you. 'Hare/rabbit', roll the disk along the floor.
- By now they should be able to fire the bow and so can take a full role in the rest of the session.









Games

- Create teams. If a school group, their teachers may help create even sides. Or line them up height - high to low and choose by numbering 1-2, 1-2, 1-2.
- Get each group to choose a name and help create some ownership.
- All masks on. Decide on the time for the game and use a countdown timer to help.
- As an instructor for Exmouth Watersports, you have the right to 'sin-bin' anyone not following your instructions, especially where safety is at risk. Two strikes and the individual concerned will not be allowed to play again.
- Bows are placed on the ground at the back of each side of the arena, all arrows are in the no-go area.
- When the whistle blows, each team can run to the no-go area and retrieve arrows before running back to the bows to begin firing.
- 1 point for hitting someone - any part of body or bow they are holding; 5 points for catching an arrow in mid-flight and; 10 points for knocking a disk out of the domino. If someone attempts to catch an arrow but misses or drops it, it is a point against them.
- If a player needs to fetch an arrow from outside the arena, they must put their bow on the ground. No firing from outside the arena, no fetching arrows in the no-go area.
- Pause any game if you feel you need to regain control for safety or if the players need some tips/hints. For example, a good tip is firing an arrow into the air to hit players hiding behind the bunkers.
- Use the players not in the game to score for you. Perhaps two at each corner with paper to tally. They only need to score the hits on one side. Others can be used as referees to ensure people are following the rules, such as only firing when inside the arena or not hitting someone with their hand up due to a mask problem.

Variations and game ideas

- After a game, choose teams based upon ability so side become more even.
- Create a league table, so each team plays each other.
- Allow only half the players on each team to have bows, the others much fetch arrows.
- Have very short games.
- Change the scoring rules.
- Create a 'range', with teams and/or individuals trying to hit a cone placed on top of a bunker. You could also create a dartboard target on the ground which players then have to hit by firing an arrow into the air to 'drop' on target.



Pack down

- Deflate the bunkers and put their caps back on.
- De-string the bows.
- Pack the kit into the bags or containers they came in.
- Any breakages need to be repaired or given to Dave for repair. Help repairing damaged kit on an ongoing basis means you'll have more to work with next session.

Risk	How it is Managed
Flying Tag Arrows - Hitting people	Masks worn at all times during game play. Players are shown all safe zones around the arena and told not to engage anyone in these areas at any time. Referee stops play with a whistle at the first sign of any rules listed in the operating procedures not being obeyed. Outside of the arena there must be a cordon of rope to mark the area of play. The roped cordon will be 4m beyond the arena boundary, marking a safe zone for players inside and a close limit for spectators.
Ground Pegs - Trips and falls	Players must wear suitable footwear at all times while playing. Pegged bunkers and targets are identified to players in safety brief.
Archery Bow - Inner elbow slapping	Players are shown by instructors how to use a bow and arrow to minimise 'bow string slap'. Players advised to wear long sleeved clothing.
Slips and Trips	Briefed and managed by referee to minimise injury. Where practicable all slipping/tripping hazards removed or clearly identified. All playing fields are regularly walked to identify and mark any new hazards
Exhaustion and Heat - Fast paced game play	Short games, water available to players during break times.
Cuts from equipment or stray objects	Instructors to game area for stray objects. Equipment properly maintained and damaged equipment removed from circulation.