





# HITS Archery Record

## 10m Range • 90cm Target

Tick ☒ every time you get an arrow on one of the colours.

You earn a badge when you get 5 of one colour.

|   |              |                          |                          |                          |                          |                          |
|---|--------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  | <b>Black</b> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | <b>Blue</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | <b>Red</b>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | <b>Gold</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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# 2nd Kingsbridge Guides



Name: \_\_\_\_\_

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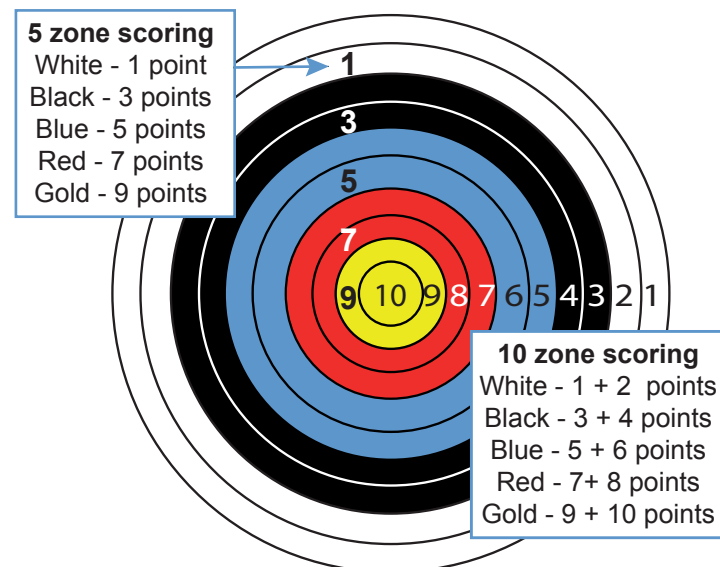
## Scoring

There are different ways of scoring for archery.

**10 zone scoring** is usually used on ranges measured in meters and for bigger targets.

**5 zone scoring** for ranges measured in yards.

For beginners we can also 'count colours' see the HITS score card on the back of the book...

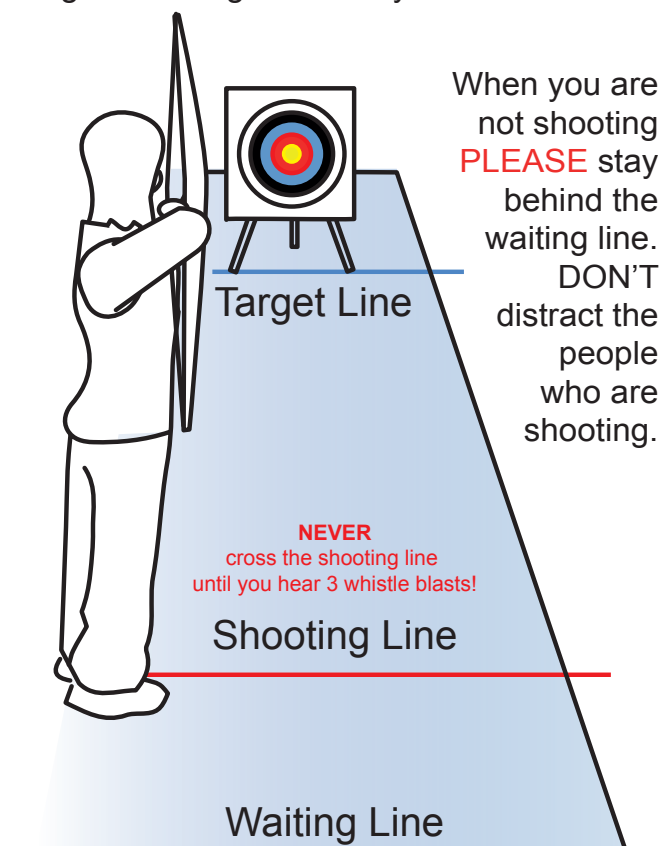


...and sometimes we might try archery games like bursting balloons pinned to the target.

## The Archery Range

Archery ranges are set up in different lengths.

A beginners range is usually round 10 meters

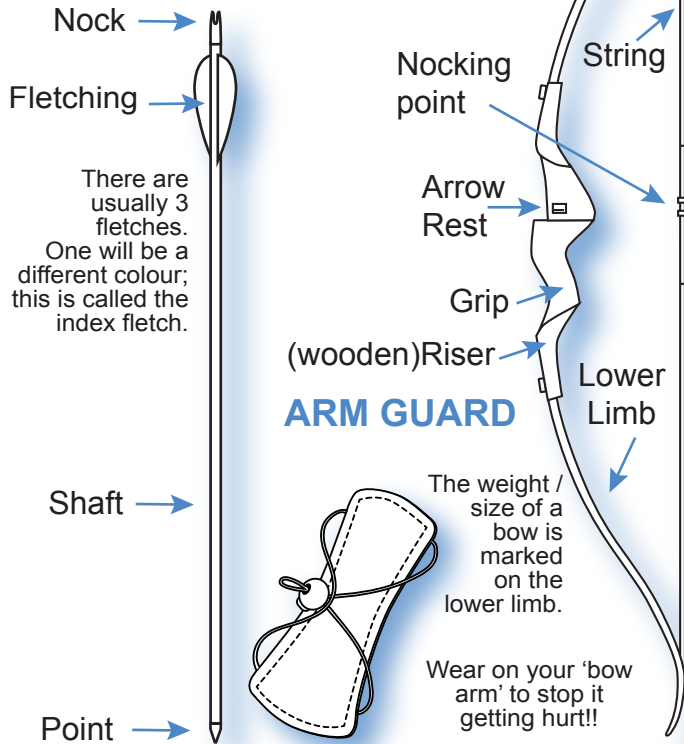


## Equipment for archery

### BOW

Bows come in different sizes and weights, it is important that we choose one that suits you. Bows are also left or right handed.

### ARROW



## My Archery Information

I shoot LEFT / RIGHT\* handed

My preferred bow size is \_\_\_\_"

My preferred bow weight is \_\_\_\_lbs

My preferred arrows are \_\_\_\_\_

Things I need to work on:



### NOTES

## Safety Rules

**NEVER** point an arrow at anything other than the target! **ALWAYS** follow the whistle signals.

### Whistle signals

- **TWO** whistles means "Archers to the shooting line". Pick up your bow and stand with one foot either side of the shooting line.
- **ONE** whistle which means "Begin shooting." Pick up an arrow and start shooting. *After you have shot all your arrows, put your bow down and wait.*
- **THREE** whistles means it is safe to WALK down to the target line to collect your arrows.



### Safety Instructions

The word **FAST** shouted means **STOP** straight away as there is a safety problem. The words **COME DOWN** mean that just **you** should stop so that the instructor can help you improve what you are doing.

## Shooting (barebow style)

