

# Activity-in-a-box

## Soft archery

### What's included?

- 6 Soft archery sets, each including:
- target
  - bow
  - 3 arrows (with suckers)

### Indoor or outdoor?

Can be used indoors in the main hall as the only activity in that room, or outside on the field.

### Instructions for set-up

- Choose a suitable location for the targets – ensure that you pick a space where people won't be passing behind the targets during shooting.
- Open the targets: you will find the bows and arrows inside.
- Set up the archery range with the targets at one end and the bows and arrows behind a line at the other (you may want to indicate this with e.g. barrier tape or cones).
- It is recommended that you set up the targets with a range of 5m-10m (depending on the strength and ability of your group) and leave around 1m between targets.

### Suggested rules (adapt as needed for your group)

1. Always follow the instructions of the adult in charge.
2. Stay behind the line and do not touch any equipment until told to do so.
3. Make sure long hair is tied back and anything that could get caught (jewellery, scarves etc) is removed.
4. Always point the bow in a safe direction, towards the target. Never point the bow at a person.
5. Only put an arrow into your bow when you are ready to shoot. Keep the arrow aimed at the ground while you get it ready.
6. Don't draw your bow until you are ready to shoot.
7. Don't fire unless the shooting range is empty. Only fire when told to do so.
8. Don't go to collect your arrows until everyone has finished shooting and an adult tells you it is safe.



*This is a generic assessment provided only to assist with planning and preparation. Please ensure you complete your own assessment, tailored to your own group.*

<b>Risk Assessment prepared by</b>		<b>Date of assessment</b>	
<b>Leader in charge</b>		<b>Nominated first aider</b>	
<b>Location</b>	24 <sup>th</sup> Abingdon (Dry Sandford) Scout Group, Lashford Lane, Dry Sandford, Abingdon OX13 6DY		

<b>Risk and hazards</b>	<b>People at risk</b>	<b>How is risk controlled?</b>	<b>People responsible for controls</b>
Getting hit by an overshoot arrow, causing bruising or eye injuries	All participants	<ul style="list-style-type: none"> <li>• Use barriers to prevent access</li> <li>• Maintain a clear overshoot area (20m from shooting line)</li> <li>• Set up range with a wall or fence behind</li> </ul>	
Getting hit during arrow collection, causing bruising or eye injuries	All participants	<ul style="list-style-type: none"> <li>• Ensure all participants have finished shooting before collecting arrows</li> <li>• Take any un-shot arrows down the range when collecting</li> <li>• No running permitted in the range</li> </ul>	
Bow string rubbing on arm or face, or getting caught in hair or clothing, causing abrasions	All participants	<ul style="list-style-type: none"> <li>• Ensure long hair is tied back</li> <li>• Tuck away any loose clothing of jewellery</li> <li>• Demonstrate proper technique</li> </ul>	
Faulty equipment causing bruises, cuts or abrasions	All participants	<ul style="list-style-type: none"> <li>• Check all equipment before use</li> </ul>	
Incorrect technique causing sprains, strains and grazes to fingers	All participants	<ul style="list-style-type: none"> <li>• Demonstrate correct technique with clear instructions</li> <li>• Monitor technique and give advice as required throughout the activity</li> </ul>	
Getting hit by a stray arrow, causing bruising or eye injuries	All participants	<ul style="list-style-type: none"> <li>• Only put arrows into bows when you are ready to shoot; keep arrows aimed at the ground while preparing</li> <li>• Arrows must be pointed towards the target only when raised</li> <li>• Don't draw the bow until ready to shoot</li> </ul>	
Unsupervised access to the range, resulting in bruising, eye injuries, cuts or abrasions	Young people	<ul style="list-style-type: none"> <li>• Ensure that a responsible person is supervising at all times</li> <li>• Clear away equipment when not in use</li> <li>• Remove arrows during any breaks</li> </ul>	