



## Welcome

Welcome to Braintree Bowmen from the Committee and members. We hope that you enjoy your beginners' course, consider joining the club and continue to shoot with us for many years to come.

This leaflet has been put together to give beginners an aid to the basic safety points that must be observed at all times. Archery is a safe sport. A few simple steps can ensure that it continues to remain so. The following points should be noted:

- Keep loose clothing / hair tied back
- Never approach the shooting line until a single whistle has been blown
- Never load an arrow, unless you are on the shooting line
- Never cross the shooting line to collect your arrows until a double whistle has been blown
- A shout of FAST means STOP. Do not shoot a loaded arrow, but return it to your quiver
- Walk, NEVER run
- Make sure fellow archers on your target are WELL CLEAR before you start to pull your arrows.
- Parents of juniors (under 14) must always be in attendance and be within visual range of their child

Your beginners' course runs on three consecutive Thursday evenings (unless advised by the Beginners Co-ordinator). For insurance reasons, under no circumstances can you shoot at any other time (Tuesday or Sunday).

### What's next?

Once you have completed your three week course, to continue shooting you will need to join the GNAS for insurance cover and then either pay weekly 'green' fees or join Braintree Bowmen. See the Treasurer for more details.

If you have any questions, please feel free to speak to a member of the committee who will be more than happy to help.

**Chairman & Committee  
Braintree Bowmen**