

Returning to Archery

North Cheshire Bowmen – Phase 1: Restricted Shooting Guidelines

“Stage 1 - Turn up.... Shoot.... Go home”

Background

Further to the guidance issued by Archery GB, North Cheshire Bowmen (NCB) will be re-opening its outdoor shooting facilities on a restricted basis from 08:00hrs on Saturday 13th June 2020.

The Club's strategy for re-opening is based on the government's general guidance; the specific guidance that has been issued by our governing body, Archery GB (AGB); and our specific club circumstances and facilities. We will continue to be mindful of any further guidance that is issued.

This is a living document and these rules of shooting may be reviewed at any time. Please contact a member of the Management Committee if you have any concerns, ideas or comments.

All NCB Archers MUST follow the rules & advice given below. You MUST read this entire document if you wish to shoot at NCB. Our approach may not be perfect and members may find that the arrangements that we are putting in to place do not suit everyone. We are making the best efforts to comply with government and Archery GB guidance and to minimise the risks to all of our members and their families.

We are all in this together, please remember this and be patient and considerate of other members and the Management Committee who have an obligation to keep all members safe as they reasonably can.

Use all advice together with common sense and courtesy. Remember this is a phased return to shooting and it may be some time before a return to 'normal' shooting.

The Management Committee understands that there may be exceptions to some of the rules. Please contact one of its members if you want to make them aware of any exceptional circumstances that you would like them to consider.

General Advice from the Government

Stay alert

The clear Government message is that we can all help to control the virus if we all stay alert. This means you must:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly
- Self-isolate if you or anyone in your household has symptoms.

Universal Guidelines from Archery GB

A Phased Return

A return to archery is taking place on a phased basis and the phases will change in line with the latest government guidelines. Archery GB have that clubs, should their committees agree, can return on the basis of Phase 1: Restricted Shooting:

- Outdoors only.
- Family units or individual shooting.
- Social distancing of at least 2 metres maintained.
- No social activities. **“Turn up, shoot, go home”**.
- Minimise contact with others.

These guidelines cover Phase 1 only and will be updated as necessary to reflect future phases of returning to archery led by the latest government/ AGB advice.

- Members **MUST NOT** come to Knutsford Sports Club/North Cheshire Bowmen if they show symptoms of any illness but in particular of COVID-19. These are highlighted on NHS Direct and include:
 - A new persistent and dry cough
 - A temperature
- If you are symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.
- Members must notify the club should they develop symptoms after attending the club.
- After the shooting session, members should sanitise their hands, clean their equipment and anything else used in the session.

Specific Rules

1. Follow all social distancing guidance at all times **unless there is a medical emergency**, in which case which you must assess the situation, protect yourself and others and ring for an ambulance.

2. As an archer, you must practice social distancing at all times and maintain a distance apart of at least 2 metres. People from different households should not travel in the same car. All cars should be parked a suitable distance from each other to ensure full social distancing.

3. Members **MUST** bring their own gloves, hand sanitiser and a face covering.

3. Only use the 5 lanes marked out with red/white tape at the moment but we will have white lines. There are crosses on the shooting line and on the field (Target positions: 1 (nearest the cricket square), 3, 5, 7, 9). Bosses may be moved to different distances, but **NOT** to different lanes. When moving bosses to different distances, do this at the start of the shooting session, not during the session. Gloves **MUST** be worn when moving a boss and if a member requires the assistance of another member not of their family group then face coverings **MUST** be worn as you will be within 2 metres of each other.

4. Shooting will take place in two hourly slots and these **MUST** be pre-booked before attending the club – please see full notes below on how this will work. To begin with shooting will be restricted to the following days – Friday, Saturday, Sunday, Monday and Tuesday. Instructions for booking a shooting time are detailed at the end of these guidelines.

5. Shoot at a distance you are comfortable with, ie. that you are likely to hit the boss. Shooting time will be wasted if you have to constantly look for arrows.

6. All archers attending a shooting session should agree the number of arrows they are going to shoot at a time.

7. Compound and experienced recurve archers, please use a small face on the side of the boss face when shooting at the shorter distances. Keep this face for your own use and reuse.

8. **Shooting is restricted to one archer per lane/target, or one group of archers if from the same household.** You must only pull your own arrows.

9. If you need to pull arrows for a disabled archer, wipe the arrows before you pull them. The archer should then wipe their own arrows once they are given back to them.

10. Each session must have a field captain, with their own whistle if they have one. The signal to finish shooting will be 15 minutes before the end of the shooting session. The field captain must monitor the time and ensure the archers finish shooting in time e.g. do not start shooting 6 arrows with a minute to go. We would also like the nominated field captain to keep an eye on social distancing and ensuring that gloves as required by these guidelines.

12. If you move a boss you must wear gloves to move it and it is recommended that you wear a face covering if you have to do so with an archer not of your family/household group. Members should provide their own gloves and face coverings.

14. You must use your own equipment, or equipment loaned to you by the club. Any loaned equipment should remain with you until the government restrictions are lifted further. Sharing of equipment is not permitted. Take all your equipment home.

15. Arrive at your allotted time and be aware of leaving at the allotted time. In order to minimise contact, there is no need to remain at the club if you are not shooting.

16. When you are not shooting you **MUST** remain behind the waiting line and maintain social distancing if not in a family group.

If there are only two archers on the outdoor range during a booked session then one archer shoots whilst the other waits and ensures that it is safe to shoot.

17. No spectators are allowed, unless a non-shooting member accompanies a junior. This person must wait behind the shooting line. Juniors are not allowed to shoot without the presence of a member of Archery GB.

18. The indoor range, KSC facilities including the kitchen will remain closed. Toilets are to be used **ONLY** in an emergency. Use your facilities at home before you set off. If in an emergency you do need to use the toilets, you must:

- Enter the club through the front coded door in the car park only

- There is signage at the front door as you enter, please follow the instructions
- There is hand sanitiser and a towel etc at the front door.

20. Where to find 'kit':

- First aid kit and accident book – inside the shed
- De fib remains on the wall near the squash courts in the main club building
- Target faces – will be issued by the club to members
- Boss worms (pins) – will be issued by the club to members
- Disinfectant spray – in the shed
- Hand sanitiser – in the shed
- Arrow puller – in the shed must only be used when wearing glove.
- Flags – in the shed

Stand pins – in the shed if not already out.

23. Please bring your own sanitiser where possible and your own gloves for moving bosses. The type of gloves is your own choice but should be robust enough to move stands, handle ropes etc without splitting.

24. There are NO BINS, take any litter/rubbish home with you. Dispose of worn out faces at home.

Putting out and taking in the Bosses/Safety Signs

Archers attending the first booked shooting session of the day will have to put out five bosses on the five stands and may also have to put out the safety signs. The stands will be out and if not in a shooting lane will be at the side of the field near the cricket covers. The procedure we want you to follow, during which gloves MUST BE WORN AT ALL TIMES, is:

- One archer opens the shed doors fully to allow maximum access and air flow.
- One archer or two if from the same household selects a boss using the sack truck.
- One archer can move the boss on the sack truck to the required shooting position. Flags will be in the shed. Stand pins will be in the shed if not out on the field.
- Two archers will be required to lift the boss on the stand. If the two archers are not from the same family/household then facemasks must be worn.
- The safety signs are in the trolley. One archer should be put in the usual places and remember the sign for the gate to the field and the house(s).

Archers attending the last shooting session of the day will be notified by a member of the Management Committee and follow the end of day procedure, during which gloves MUST BE WORN AT ALL TIMES, which is:

- One archer opens the shed doors fully to allow maximum access and air flow.
- One archer takes the sack truck to a stand.
- Two archers will be required to lift the boss off the stand. If the two archers are not from the same family/household then facemasks must be worn. Flags to be should be put back in the shed.
- One archer can move the boss on the sack truck to the shed.

- The stands can be left in place unless it is a Tuesday when they should be moved to the side of the field. Stand pins should be put returned to the shed.
- The safety signs can be left out unless it is a Tuesday, when one archer collect them in the trolley and return the trolley to the shed and also remember the sign for the gate to the field and the house(s) should taken down as well.

Additional Rules of shooting –

- Shooting sessions will last for two hours. Archers must arrive at the exact time that their booked session will begin. There will be fifteen minutes at the beginning of the session to set-up, one and half hours to shoot and 15 minutes at the end to pack up and leave the club. Archers must leave the club by the time the booked session ends.
- The ruling is: **one archer, one boss, one target face plus pins**, unless you are a group from the same household. You must take your target face and pins home with you and keep reusing them until completely shot out – please try to use ALL the face, do not just shoot at the middle. If you can patch up the face, it will last longer.
- Target faces and pins are available and will be issued by the club as notified on our Facebook page and by email – **one target face and four pins to one archer**. The exception is for compound and experienced recurve archers, who may take a second small face so they can shoot at the side of the boss at short distances. For most of you this will be about practice, therefore if you don't need a full-size face, don't take one – small faces still give you something to aim at (and cost less). *We have plenty of faces for now, but they may not be the size you ideally would like and every club in England will be doing the same, therefore we urge you to use the whole of the face and keep it going as long as you can.*
- At this time no guests from other clubs should be brought to the club to shoot

Booking a Shooting Time

1. The link to the booking page is:

<https://www.picktime.com/3d5d910a-00fc-41b0-8a90-de9751877844>

2. The online booking process is pretty straightforward, please follow the instructions below:

1. Select a target (target 1 is the one nearest to the cricket square, target 5 is closest to the houses)
2. Select a date.
3. Select a timeslot. If the timeslot you want is not showing, it means that someone else has already booked it. If you want to select another target, click on Resources on the left, and then Book An Appointment, and you will be back at step 1. To begin with we ask that you only book one timeslot for an individual archer/family group
4. Having selected a timeslot, enter your first and last name and your email address. You can ignore all of the other fields.

5. Click Book Appointment at the bottom of the screen. You should get a confirmation message.
6. An email will be sent to the email address you provided. You may need to check the Junk/Spam folder as the content has links in it. Most email providers seem to be fine but Outlook for example is redirecting to the Junk/Spam folder.
7. If you want to cancel an appointment, just email Roisheen and she will remove it.

We appreciate that there is a lot to take in, so we urge you to read and re read this document in order for us to get full compliance from all members. We are all responsible for our own safety and that of the other archers.

Remember if you cannot comply with Government guidance, then you are not safe and you should not come to club.

The Management Committee do not want to receive any complaints about non-compliance and we do not want to introduce additional restrictions which may include closing the club again – but this will remain an option.

We all have a duty of care to each other and a responsibility to our families, to uphold and follow all advice/rules with regard to COVID-19 and keep everyone safe.

Thank you for your understanding and cooperation

