National Archery in the Schools Program
Shooting Tips
Safety Tips

The National Archery in the Schools Program (NASP) is very safe because trained instructors and coaches follow very specific safety rules. Rules listed below are from NASP Curriculum.

1. Always listen to the archery range instructor.
2. Always inspect equipment for cracks or damage.
3. Observe courtesy and sportsmanship ideals.
4. Only approach the shooting line after hearing 2 whistle blasts.
5. Keep your arrows in your quiver until a whistle is blown one time to load your bows and begin shooting.
6. Your arrows should always be pointed downrange while loading the bow.
7. Shoot only at the target directly in front of you.
8. Always look downrange and beyond the target to be sure that there are no obstructions and the range is clear beyond the targets.
9. Shoot with one foot on each side of the shooting line.
10. Stop shooting immediately and set your bow down if there are five or more whistle blasts.
11. Only approach the target after hearing 3 whistle and hearing the command to walk to the targets.
12. Always carry arrows with one hand on the points and the other hand placed around the shafts just below the fletching.
NASP Range Rules:

1. **Know** and **obey** all range commands and instructors.
2. **Always** keep your **arrows in your quivers** until told to shoot with the “one whistle” command.
3. **Only** use the arrows your instructor gave you. **Remember** what they look like.
4. **Always** keep your arrows pointed down to the floor or at the target.
5. **Only** aim and shoot at your target **downrange**.
6. If you drop an arrow, **leave it on the ground** until you are told to retrieve all your arrows.
7. **Always walk** on the archery range.
8. **Always** be courteous to the shooter next to you.
9. **Stand** behind the waiting line when you are finished or not shooting.
10. **Only** one archer may **retrieve** their arrows from the target at a time.
11. **Be sure** no one is behind you when re moving your arrows.
12. **Walk back** to the waiting line and return your arrows to your quivers after retrieving them.
13. **SAFETY IS ALWAYS FIRST PRIORITY!**
Whistle Signals for Archery Safety

2 whistle blasts:
*Walk from the waiting line and get a bow. Walk to the shooting line.*

1 whistle blast:
*Remove an arrow from the quiver/stand and shoot.*

3 whistle blasts:
*Go get arrows*

5 or more whistle blasts:
*An emergency has occurred on the range. Stop what you are doing, put arrows in quiver/stand and return bow to rack. Stand behind the waiting line.*
11 Steps to Archery Success

1. Stance
2. Nock Arrow
3. Drawing Hand Set
4. Bow Hand Set
5. Pre-Draw
6. Draw
7. Anchor
8. Aiming
9. Shot Set-up
10. Release
11. Follow-through
Step 1: Stance

- **Straddle the shooting line with one foot on either side.** Right-handed shooters with left foot over the shooting line, left-handed shooters with right foot over the shooting line.
- **Move the front foot** (one closest to the target) back till toes are even with the mid-point of the back foot.
- **Move front foot toward the target until feet are shoulder width apart.**
- **Turn front foot toward the target.**
- **Rest the bow on your front foot/toe until the shooting whistle command.**
Step 2:
Nock Arrow

- With the bow in your bow hand, grasp the arrow at the nock with three fingers of your drawing hand.
- Keep bow parallel to your body (brace it on your leg if you want),
- Carry the arrow over the bow keeping the arrow point down and away from all archers.
- Snap the nock under the nock locator with the different colored fletching pointing away from the string.
Step 3: Drawing Hand Set

• *With the bow at arm’s length and pointed down, place the first three fingers of the drawing hand on the string under the arrow nock.*

• *String should be at the joint of the 1st and 3rd finger and inside the joint of the middle finger.*

• *Keep thumb pointing down, back of the hand flat.*
Step 4: Bow Hand Set

• Place hand in the bow grip with meaty part of the thumb inside the grip to the lifeline of your palm.
• The knuckles of the bow hand should form a 30- to 45-degree angle.
• Rotate your elbow down to the left (right handed—opposite for left handed).
• Bow hand should be relaxed—do not hold tightly—bow will not fall out of your hand.
Step 5: Pre-Draw

• Start with bow arm hanging relaxed at your side.
• Lift your arm allowing it to hinge at the shoulder with drawing hand on un-drawn bow.
• Drawing hand, arm and elbow should be parallel to floor and slightly higher than bow arm.
Step 6: Draw

- Pull or draw the string toward the right side of your face (opposite for left handed shooters).
- Rotate your hips and shoulder until your elbow is slightly in front of the arrow line.
- You should feel the upper back muscles being activated.
Step 7: Anchor

• Touch your index finger to the corner of your mouth.
• Keep muscles active while maintaining full draw.
Step 8: Aiming

• Align the arrow with the target while keeping the muscles active.
• Your master eye is your rear sight and needs to be consistent in location as it relates to the anchor.
• Sighting is an alignment between your eye, the string and your front site (the arrow or some part of the bow riser).
• Allow the bow to move naturally.
• Be aware of the target and the sight.
• Keep your muscles active during the sighting process.

Click target to return to 11 steps for Archery success
Step 9: Shot Set-Up

• Reach your anchor and sight alignment.
• Create a slight movement from your drawing shoulder and/or arm to the rear.
• Almost like a “shoulder shrug”.

Click target to return to 11 steps for Archery success
Step 10: Release

• Relax your fingers and the back of your hand in a single instant.
• Arm and back muscles remain active.
• Hint - the string may feel like it “falls off the fingers”
Step 11: Follow-through

• At release, your drawing hand will move rearward with your fingers relaxed.
• The thumb will end up touching or near your drawing shoulder.
• The bow hand moves slightly forward, down and left (right for left-handed shooters).
• Bow should rock in your shooting hand.
• Reflect upon your shot and adjustments needed for the next shot.
Scoring an End (5 arrows shot in competition)
National Archery in the School Program
Changing lives one arrow at a time!

For more information about NASP visit the following websites:
• www.
• www.