



Safe arrow retrieval

Arrow Retrieval - Safe Approach to Collecting

When all have shot and the line is clear, before collecting the arrows, the Coach or Target Captain will give the following commands for the safe approach to the targets. Giving the signal to collect, the pupils walk single file down the outer edges of the range towards the target line, ever-watchful of short-fall arrows protruding from the ground. **Nobody runs.**
Coaches Note: When more than Coach is teaching and more than two targets are used pupils should walk down the edges of their target lane, all together.

Walk don't run when going to the target as falling on arrows damages them and causes personal injury

Always look for any arrow that could be hidden in the grass and could cause injury to ankles and shins

Approach the target boss from the **side** - **not** from the front

Don't touch anything - **wait** for the next instruction. On arrival at the target line, the Leader will give the following commands and decides who will withdraw the arrows. Arrows in or on the ground within the area underneath those in the boss are left until last.

Stand back from the target to allow "pullers" to work freely

Do not tread on arrows in or on the ground in front of the target. Approach them from the side and retrieve them carefully so as not to stab yourself on the nocks of the arrows still in the target.

Ensuring they do not tread on any arrows still in or on the ground, archers await their call to identify their arrows so the scorer can record them (if this is being done). The Coach then demonstrates the correct method of pulling arrows out of the target. This is done by placing the back of one hand against the target face with the other hand on top of the shaft. Then grasping it as near to the pile end as possible lay the forearm along the shaft and maintain a straight line of pulling force whilst withdrawing the arrow.

Beware: The Nock is now the most dangerous part of the arrow.

So, whilst **looking backwards** over the shoulder to check that nobody is too close or strayed into the path of the arrow to be pulled, the **nearest** arrow is withdrawn **without twisting** at the same angle as it entered the boss. The retrieved arrow is placed pile downwards between the thumb and the palm of the non-drawing hand. This process is repeated always pulling the nearest arrows irrespective of whose they belong to - they will be sorted out later, on the Shooting Line.



Make sure one hand is braced against the target when pulling arrows. Once an arrow has been pulled, transfer it into the other hand (the one against the target). You can use the back of the hand, while closing the arrows in the fingers, or make a fist with the arrows in it and put the fist against the target.

Return from the Targets

After the arrows have been pulled from the targets, any that are under the target can now be retrieved. The Coach checks that all arrows have been found and arranges a search if not. All pupils are asked to carefully check the dead-ground behind the targets to collect missing arrows. They must be reminded that arrows in the ground are retrieved in the same manner as they are pulled from the boss. *It should be noted that it is good etiquette to collect overshot and missed arrows after the ones in the target.* Once all the arrows at the target end have been retrieved, the archers should be instructed to carry the arrows back safely.



Aligning all arrows grasp the shafts above the piles, so that approximately 25mm (1") protrudes from the hand. Secure the arrows against the upper body under the armpit taking care not to crush the fletchings. This prevents injury if anybody falls, as the piles will not stick into the hand or leg.

Before leaving the targets, the Coach checks their alignment as well as seeing that they are secure and the stand is not likely to collapse. Any arrows still left in the ground in front of the targets (shortfalls) can be collected on the return journey. The Coach and pupils walk down the centre of each lane carefully looking for and retrieving any arrows seen in the ground. *Beware . . . arrows in the grass can cut feet and ankles if not spotted so care is needed.* It is safer to approach arrows protruding from the ground with the nocks away from you.

Arrows are removed in the same way as at the target. Any deeply buried arrows will have to be dug out and sometimes pulled forwards straight through the grass if the fletchings only are submerged. Upon arrival back at the shooting line, the arrows are sorted into matched sets and replaced in their ground quivers or similar ready for the next end.