

Safety Activity Checkpoint

Archery

HIGH-ADVENTURE ACTIVITY: Trip or High-Adventure Approval Form Required
First-Aider Required

Council Approval: Required

Activity Permitted For: B J C S A

NOTE: 3-D archery permitted only for Cadettes, Seniors, and Ambassadors

Activity Not Permitted For: Daisies

* Daisies are allowed to participate in Nerf or suction cup archery, and [Slingshots](#).



About Archery

One of the oldest weapons and hunting methods, archery is still used for its traditional purposes, but is more common today in the United States as a recreational and competitive activity. There are a variety of styles and sizes of bows and arrows, but they are all used for one purpose: to hit a target. Girls will develop skills based on proper procedures and form, handling equipment, getting the right stance, sighting, and observing safety practices.

Archery is not permitted for Daisies; however, they may participate in Nerf archery, and rubber tip archery as a progression to learning the rules and range commands for archery. Bows and arrows should be appropriate to the age, size, strength, and ability of the girls. Girls do not aim at people, ever, or targets in the image of human beings.

3-D Archery. Cadettes and older may participate in a 3-D archery course where a girl moves up to the target that could be set up between trees and use a target that is other than a circular shape in order to enhance accuracy and skill level. Girls do not shoot at targets in the shape of human beings.

Brownies can participate in some archery activities if the equipment is designed for children of that grade level and body size. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others. Ensure that bows and arrows are appropriate to the age, size, strength, and ability of the girls.

Learn More:

- Archery tournaments and events: [National Field Archery Association](#)
- Archery clubs/events: [Team USA Archery](#)
- Videos on archery basics: [YouTube](#)

Making Activities Accessible

In order to make your activity accessible to girls of all abilities, it's important to communicate with all girl attendees and their caregivers to learn about and accommodate their varied support needs. For resources and information on accessible sport and adventure activities, visit [Move United](#).

Equity

In addition to physical and social-emotional disabilities, consider the history, culture, and past experiences of the girls in your troop that could affect a girl's ability to equally participate in an activity. Work with girls and families to understand how an activity is perceived. Ensure that all girls and their families feel comfortable that they have access to whatever is needed to fully participate, such as the proper equipment, prior experiences, and skills needed to enjoy the activity.

Safety Activity Checkpoints

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl or adult, missing girl, or sudden illness.

Standard Safety Guidelines. Refer to the "Standard Safety Guidelines" in the [Introduction to Safety Activity Checkpoints](#) which apply to all Girl Scout gatherings and activities. When the adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines, always follow the stricter parameters in the activity chapter.

COVID-19 Guidelines. Review the "Coronavirus Safety in Girl Scouts" section in the [Introduction to Safety Activity Checkpoints](#) under the "Standard Safety Guidelines" section and be certain to consult with [GSNorCal's specific COVID-19 guidance](#). When applicable, always call ahead to the vendor, property or facility involved to check for their COVID-19 safety requirements as you prepare to take girls for this activity.

Assess participants' maturity level. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others. Ensure that bows and arrows are appropriate to the age, size, strength, and ability of the girls.

A beginner uses arrows that extend one to two inches in front of the bow when the bow is at full draw.

Verify instructor knowledge and experience. One adult needs to be a certified [USA Archery](#) instructor or have equivalent certification or documented experience. Ensure that there is a ratio of one instructor for every ten girls. Archery on a 3-D course is well supervised and appropriate to age, skill level, and location of shooting.

Note: The instructor-to-participant ratio is not the same as the adult-to-girl ratio found in "[Introduction to Safety Activity Checkpoints](#)." Both ratios must be complied with when girls are participating in target sports. For example, if there are 15 Girl Scout Cadettes on the shooting line, there must be two instructors plus two adult Girl Scout volunteers (who are not instructors).

Select a safe site. Check with [GSNorCal's Approved Vendor List](#).

The vendor should follow the following safety information:

- Equipment is stored in box/closet/cabinet and locked when not in use.

- Clear safety signals and range commands to control the activity are posted and taught to all participants in advance of stepping on to the range.
- Backstops or a specific safety zone are set behind the targets.
- The entire facility population knows clearly delineated rear and side safety buffers.
- Shooting line is clearly defined.

At an outdoor range:

- Targets are not placed in front of houses, fences, roads, trails, or tents.
- Areas with pedestrian traffic are avoided.
- Areas are clear of brush. A hillside backstop is recommended.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- In the shooting area, there is a safe distance at least 50 yards behind the targets and 20 yards on each side of the range.
- The range is not used after nightfall, with exceptions to “Glow-in-the-Dark Archery”. If using a vendor or range after nightfall for Glow-in-the-Dark Archery, groups should plan to have extra supervision and strictly controlled access to the range. All participants and facilitators should have a flashlight available, and arrows and targets should be marked with glow-in-the-dark materials, such as tape, glow sticks, glow nocks, etc. Headlamps are recommended.

At an indoor range:

- Targets are well lit.
- Doors or entries to the range are locked or blocked from the inside.
- Fire exits are not blocked.
- Ensure equipment is properly sized for the girls.
- Compound bows are offered in both right- and left-handed models. They are the proper size and have the correct draw weight for the girls.
- Only target tip arrows are used, never broadhead/hunting tips.

Girls should learn about archery and shooting. Girls develop skills based on proper procedures and form, handling the equipment, getting the right stance, sighting, aiming, and observing safety practices.

Always keep the bow pointed in a safe direction. This is the primary rule of target sport safety. A safe direction means that the bow is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the front end of the bow is pointed at all times.

Ensure that equipment to be used is in good condition. Make sure that the equipment is clean, in good working order, and nothing is broken or loose. Targets and backstops for targets need to be in good repair.

Dress appropriately for the activity. Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Girls and adults should wear closed-toed shoes. Also, have girls tie back long hair.

Ensure the instructor reviews the rules and operating procedures with girls beforehand. The instructor covers safety procedures, including:

- No “dry” firing, as it can damage equipment
- Always keeping the bow pointed in a safe direction

Safety and Required Gear

- Wrist, finger, and arm protection, such as finger tabs and arm guards (right- and left-handed models)
- Bows and arrows
- Targets
- Quivers

Target Sports—Archery Progression Chart

Shooting Type	Grade Level/ Minimum Age	Participant-to- Instructor Ratio	Instructor/Expert Certification
Archery	B J C S A	B - 5:1 J C S A - 10:1	One adult is certified by National Field Archery Association , USA Archery, or Easton Foundation.
3-D Archery	C S A	10:1	One adult is a certified by National Field Archery Association , USA Archery, or Easton Foundation. Or demonstrates equivalent experience.

Girl Scouts of Northern California’s Approval Process for Archery

Archery is considered a high-adventure activity and must be pre-approved by the council.

- **Trip or High-Adventure Approval Form:** Submit the online [Trip or High-Adventure Approval Form](#) to council at least 4-6 weeks prior to your activity. Gather the following information to complete this form:
 - Confirmation that your chaperones are registered members of Girl Scouts of Northern California, have a current background check, completed the troop chaperone course and troop driver course (if transporting girls), and completed the [California State Mandated Reporter Training](#). Troop Leaders can find this information in their [Volunteer Toolkit](#).
 - Name of First Aider and a copy of their current CPR/First Aid certification card. Certification needs to be renewed every two years. If you are hiking or backpacking farther than 30 minutes from a medical facility, please have the information of the member, who is certified in Wilderness First Aid, accompanying your troop.
 - Confirm that the necessary online and in-person courses have been completed for this trip. You can find more information or register for these courses in your [Volunteer Learning Portal](#) in the section called Trip & Outdoor Advisor.
 - The **Trip & Outdoor Advisor Course** is required for all overnight and [high-adventure activities](#).
 - The [Camp Out course](#) is required for all camping trips that involve advanced outdoor cooking or camping trip with girls to a campground or other non-GSNorCal outdoor facility for longer than 1 night without indoor plumbing and electricity. Girls should have already had practice sleeping and cooking outdoors.
 - The **Extended Trips course** is required for troops traveling three (3) nights or more.
 - The **Girl Scout Small Craft Safety Training** is required before you take girls on a small craft water adventure.

High-Adventure Approved Vendor List: GSNorCal troops/groups must select a high-adventure vendor from the [High-Adventure Approved Vendor List](#), which consists of organizations that meet Girl Scouts safety and insurance requirements for the activity. For the safety of our members, before a troop uses a high-adventure site/vendor for a troop or service unit event, the council must approve the high-adventure site/vendor. This process is designed to ensure a safe experience and protect the council’s and volunteer’s legal interests.