

SETU Carlow Archery Club Outdoor Training and Safety Guideline **Proposal for SSC Rugby pitch.**

SETU Carlow Training Pitch

The following Safety Guidelines are specifically drawn up for SETU SSC Rugby Pitch / Equipment Shed. Key signage areas have been identified to warn pedestrians not to enter the training pitch during outdoor archery training. The Yellow box has been highlighted as an important signage area to mitigate the chance of public access to the raised rugby pitches. At this entry point, signage will be put in place warning pedestrians not to enter during training. The signs will be highly visible, stating the type of activity taking place, and warning pedestrians not to enter.

Safety zone

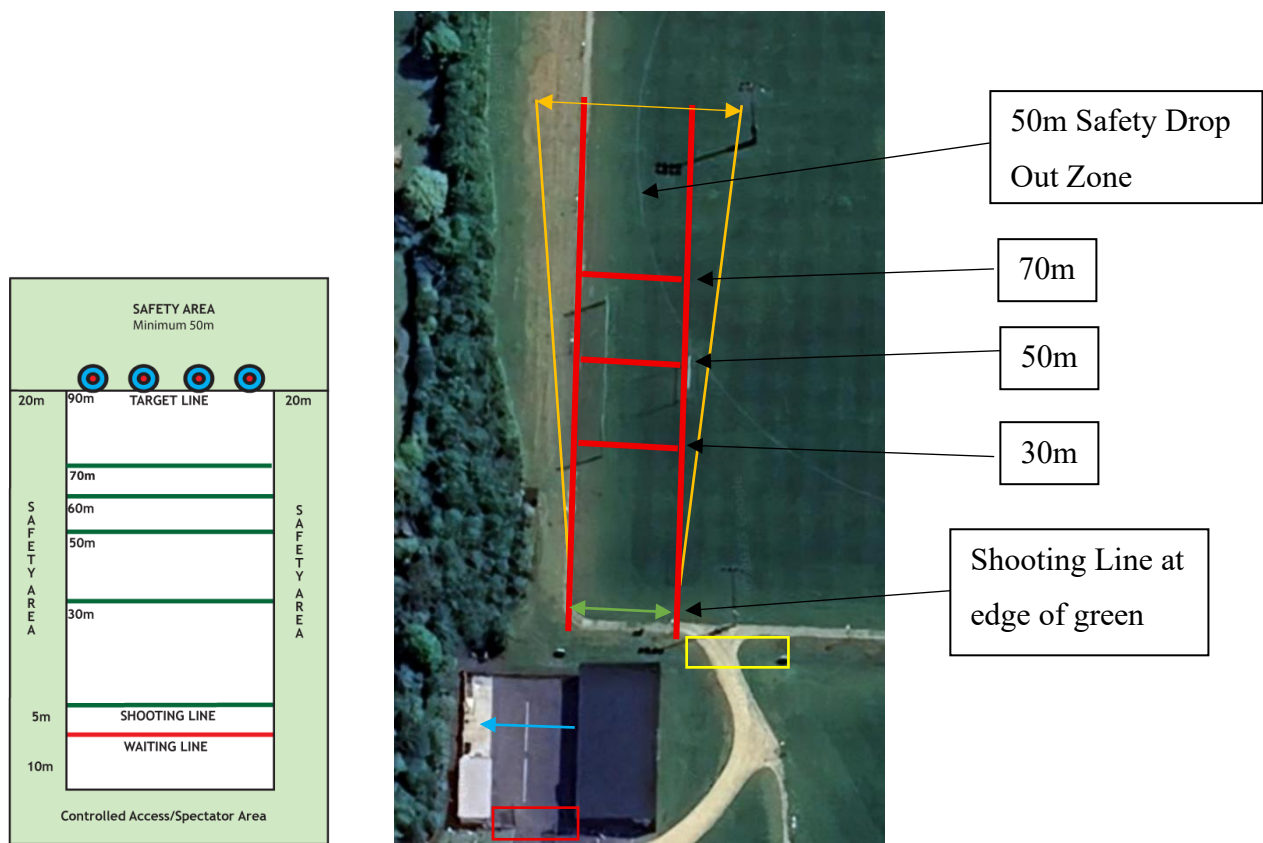
A standard safety zone of 30m is recommended by FITA (the world archery governing body) behind outdoor archery targets, in case of the rare situation in which an advanced archer over shoots a target. 30m is recommended based on the flight angle of an arrow fired from a standard 40lb Recurve bow.

As the diagram below demonstrates, with our maximum shooting distance of 70m, we have allowed for a 50m safety drop out zone, as seen marked in orange below, to absolutely ensure the highest standards of safety are maintained always.

Spotter

An archer will be designated a spotter for other archers shooting down range. This archer will keep lookout with a spotting scope for any pedestrians that ignore safety signage and enter the training zone. In this situation, the spotter will call an immediate halt to shooting, by a whistle blast. Shooting will cease until the range has been fully cleared.

These guidelines are specific to SETU SSC Rugby Pitch and are in addition to the safety guidelines and risk assessments on the subsequent pages.



SETU Carlow Archery Club Outdoor Training and Safety Guideline

Proposal for SSC Rugby pitch.

The area we are requesting will have all entry points marked with multiple signs indicating the activity which is taking place. Signs will be placed at regular intervals on the perimeter, warning people of the use of the area, and thus preventing people entering the range. The perimeter will be set at no less than 50m behind the target butts (this distance will increase as shorter distances are shot). The reason for 50m is due to the maximum calculated distance that an arrow can fly beyond the target in the case of a miss, this being 30m with an additional 20m buffer zone. For an archer shooting a maximum power 60lbs bow, the absolute maximum distance that an arrow can fly is 30m further than the target. With 50m, it ensures the safety of any onlookers. While shooting is in progress, there will always be at least one archer waiting to shoot, acting as a spotter for the unlikely event of anyone breaching the boundary. In the event of this occurring, the spotter will sound a whistle blast and all shooting is immediately ceased until the range is clear again. A designated waiting line will be, at minimum, 2 meters behind the shooting line.

Only archers with a minimum of one-year shooting experience will be allowed to shoot beyond 30m, with beginners limited to 20m. The maximum that will ever be shooting at one time is 8 people. Archers will keep a count of all arrows shot as to avoid leaving arrows on the field of play. A designated Coach must be present for outdoor shooting to take place. In the absence of a Coach being present no shooting will take place.

As this is an outdoor sport, weather is key factor. To prevent any accidents occurring, shooting will only occur in winds less than 38km/hr (classified as strong breeze by Met Éireann). This will be adhered to and Met Éireann will be checked prior to training for wind velocities and forecasts. As per A.I (Archery Ireland) standards, flags will be placed on top of the targets so that the wind may be gauged while training. An electronic wind indicator will be used in conjunction with flags to judge wind speeds during training.

Should wind speeds exceed the above limit, training can be moved to within the equipment shed, where archers can shoot from the side roller door to the side wall, as marked by the blue arrow above. There are 2 walls and trees behind this area to ensure any wayward arrows are captured. The gate marked with the red box will be secured before and during shooting to ensure no access.

SETU Carlow Archery Club Coaches

Brendan Browne, Ronan Wall.

Definition of a Coach:

Coaches are...

- Members registered with the club.
- Hold a valid Coaching Certificate from Archery Ireland.
- Are fully aware of IT Carlow Archery Indoor and Outdoor safety guidelines.
- Competent of maintaining the highest level of safety standards for outdoor archery safety guidelines.

SETU Carlow Outdoor Archery Training Checklist

Date:	
Coach present.	
Spotter present.	
All archers present have shot for a minimum of 1 year and are competent to shoot outdoors.	
All archers present have signed that they are fully aware, knowledgeable and have been fully briefed on all outdoor safety guidelines.	
Weather suitable to shoot in (Safety guidelines)	
No of targets in place	
Targets secured	
All signs in place	
Area fully secured with signage	
First aid kit present	
Mobile access to emergency services available	
Members Present:	

SETU Carlow Archery Safety Guidelines signage sheet

I, _____ have read and I am fully aware of all safety guidelines set out by SETU Carlow Archery Club.

Signed:

Archer (Block Capitals): _____

Archer Signature: _____

Signed:

Field Captain (Block Capitals): _____

Field Captain Signature: _____

Example of Signage



Risk Assessment for Outdoor archery

Outdoor Shooting Range

SETU Archery Club is an affiliated club of the Irish Student Archery Association (I.S.A.A), I.S.A.A are a subset of Archery Ireland (A.I) and as such must adhere to this national body's rules and safety policy. The following is a summary of the specific details to be considered when shooting outdoors on SETU SSC Rugby Pitch. All shooting will be conducted in accordance with A.I regulations (as required by our safety regulations).

SETU Carlow Archery Club is insured by the college and, as such, must be properly risk assessed to avoid unnecessary liability. This will be done using a simple Risk Assessment Matrix, based on the "BS 8800 Management of Health and Safety", which is detailed below. It can be used as a tool to assess the level of risk by a specific hazard.

Risk Assessment Matrix	Slightly Harmful	Harmful	Extremely harmful
Highly Unlikely	Trivial Risk	Tolerable Risk	Moderate Risk
Unlikely	Tolerable Risk	Moderate Risk	Substantial Risk
Likely	Moderate Risk	Substantial Risk	Intolerable Risk

There are 3 levels of harm and three levels of likelihood of harm occurring. A combination of these gives the level of risk from a specific hazard and thus the type of action (control measure) necessary to reduce the risk to an acceptable level. No activity can be made completely free of risk, but the level of that risk can usually be controlled.

Levels of Harm

Slightly Harmful

The injured party requires First Aid treatment, e.g. superficial injuries, minor cuts and bruises, ill health leading to temporary discomfort. Such injuries are unlikely to result in absence from work and could occur, for example, if an archer walks into an arrow protruding from the grass.

Harmful

The injured party requires more than First Aid treatment e.g. a visit to a Hospital Accident and Emergency Department or General Practitioner. Injuries might include lacerations, bumps, concussion, serious sprains, minor fractures. Such injuries are likely to result in absence from work.

Extremely Harmful

Injuries include amputations, major fractures, poisoning, multiple and fatal injuries. Such injuries are likely to result in absence from work for extended periods. An arrow strike would almost certainly be in this category.

Action Required

Trivial Risk	No action required.
Tolerable Risk	No action required but monitor and review.
Moderate Risk	Efforts should be made to reduce the risk. When moderate risk is associated with “Extremely harmful” consequences, extra control measures must be put in place to reduce the risk.
Substantial Risk	Shooting must not commence until the risk has been reduced considerably.
Intolerable Risk	Shooting must not commence until the risk has been reduced considerably. If it is not possible to reduce the risk shooting may have to remain prohibited.

Examples of Specific Hazards:

Specific Hazard:	Bad visibility/Poor weather
Who is involved:	Anybody
Evaluation of Risk	
Harm level:	Extremely Harmful
Likelihood:	Highly Unlikely
Risk Factor:	Moderate Risk
How the risk is controlled:	If there is inclement weather which, in the opinion of the officials in charge could result in a risk of injury, the shoot will be suspended until weather improves, or will be abandoned. It will be the responsibility of the Coach to monitor the weather during the shooting session itself and take appropriate action if they believe safety will be affected. As this is still a moderate risk, the Coach will ensure the field is safe before shooting commences at the beginning of each end of shooting and will monitor the field always while shooting is taking place. No further action required but monitor and review as necessary.

Specific Hazard:	If targets and stands are mishandled during the setting up or taking down of the range, target butt may fall on archer resulting in personal injury.
Who is involved:	Archers, Coach.
Evaluation of Risk	
Harm level:	Harmful
Likelihood:	Highly Unlikely
Risk Factor:	Tolerable Risk
How the risk is controlled:	Ensure competent persons are used in the handling of stands and bosses. Instruct archers not to lift bosses alone and ensure correct technique is used for mounting the bosses on the stands, in accordance with FITA Outdoor Range Layout. No further action required but monitor and review as necessary.

Specific Hazard:	If targets are placed out on the range and the stands are not pegged down or the target bosses are not tied to the stands, there is a risk of them being pulled over whilst recovering arrows.
Who is involved:	Archers, Coach
Evaluation of Risk	
Harm level:	Harmful
Likelihood:	Highly Unlikely
Risk Factor:	Tolerable Risk
How the risk is controlled:	Coach to ensure; shooting does not commence until all targets are appropriately secured, archers use a safe technique to withdraw arrows, and any archer found not to be using such a technique will be corrected and shown an appropriate method. If the archer persists in using an unsafe technique, they will be asked to leave the shooting grounds. Targets are tied to stands and guyed down in accordance with A.I Outdoor Range Layout. No further action required but monitor and review as necessary.

Specific Hazard:	Arrows lost on the field causing a possible hazard for future field users (e.g. Rugby Teams)
Who is involved:	Other users of the field
Evaluation of Risk	
Harm level:	Harmful
Likelihood:	Very Unlikely
Risk Factor:	Tolerable Risk
How the risk is controlled:	Carbon arrows will not be allowed to be shot, unless they have an aluminium core, since metal detectors will not pick up these arrows. Arrows will be retrieved after each end, if possible within time constraints, using a metal detector to locate arrow if necessary. If the arrows are still not found at the end of the session, then a record of the possible location will be marked down on a map and handed in to the groundskeeper. No further action required but monitor and review as necessary.

Specific Hazard:	Other non-specific injuries
Who is involved:	Archers
Evaluation of Risk	
Harm level:	Slightly Harmful
Likelihood:	Unlikely
Risk Factor:	Tolerable Risk
How the risk is controlled:	There will be a first aid kit available and first aiders on site to assist. The Coach will also have a mobile phone if the Emergency Services are required. Archers will not be able to compete if they do not follow SETU, I.S.A.A, A.I and FITA guidelines and will be removed from the shooting line. No further action required but monitor and review as necessary.

Specific Hazard:	The targets are set up on ground where the public have limited access. If any members of the public accessed the shooting range from the back unnoticed then there might be an incident of accidental injury from an arrow. Such areas are located to the back of the Shooting Range away from the Archers.
Who is involved:	Public
Evaluation of Risk	
Harm level:	Extremely Harmful
Likelihood:	Highly Unlikely
Risk Factor:	Moderate Risk
How the risk is controlled:	Inform Groundskeeper and College that local access must be restricted for the duration of the competition/training session. "Warning, Archery in Progress" signs will be placed at the entrance to the field, and the Local Access gates as well. Additional signs will be placed along the perimeter itself at regular intervals. Archers will be aware not to use a high drawing technique; any archer who persists in using a technique that, in the opinion of the officials in charge, could result in an arrow flying beyond the safety arrangements if accidentally loosed will be asked to suspend shooting and be removed from the shooting line. As this is still a moderate risk, the Coach will ensure the field is safe before shooting commences, at the beginning of each end of shooting, and will monitor the field always while shooting is taking No further action required but monitor and review as necessary.