

Memo for newcomers

*The aim of the **Les Archers du Médoc** association is the practice of archery governed by the French Archery Federation (F.F.T.A.) and, possibly in a complementary manner, the practice of other physical outdoor activities¹.*

Archery is a source of fascination and excitement. As a sport, archery requires skills of precision, control, focus, repetition and determination. It is available to be practiced by all, no matter age, gender or ability, and is a widespread pastime

With an introductory course, or some basic tips on the range, you will be hitting the target in no time ! However, more advanced aspects of the sport can take years to master.

Safety rules and precautions

- Archers must always be located on a single line of fire.
- Never point a bow at anyone, with or without an arrow.
- Never touch a bow in shooting position.
- Never shoot until everyone is back on the firing line.
- Only move towards the target to withdraw your arrows when instructed by the monitor.
- Never put the arrow on the bow before the shooting zone is completely free.
- Retreat several steps behind the line of fire after the shot of tee arrows.
- Do not stand directly behind the arrows when an archer removes them from the target.
- Never shoot with a damaged string or arrows.
- Wear an arm protection to prevent painful injuries to the forearm.
- Never pass in front of a line of archers near or far.
- When pulling the string, never let it go without an arrow, the risk of equipment breaking is very high.
- Always leave the bow on its stand or on the bow rack before removing the arrows from the target.

¹ Association's statutes extract

Progression

The progression of the archer's skills is organized in a succession of stages. For archers over 10 years old, obtaining the “progression arrows” validates the reached level. There are eight arrows: white, black, blue, red, yellow, bronze, silver and gold. The conditions for obtaining depends on the distance of the shot, the diameter of the target and the points to be achieved. For the FFTA, the number of arrows shot is 6 flights of 6 arrows on an 80cm face (for the “recurve bow” category).

Color	Target diameter	Shooting distance	Points /360
White	80 cm	10 m	280
Black	80 cm	15 m	280
Blue	80 cm	20 m	280
Red	80 cm	25 m	280
Yellow	80 cm	30 m	280
Bronze	80 cm	40 m	280
Silver	122 cm	60 m	280
Gold	122 cm	70 m	280

These steps validate the archer's acquired and skills in a coherent manner.

The instructor determines steps of progression and organizes « passage de flèche » (arrow passage) at regular intervals based on the archers' progress (physical condition, body mechanics, technical movements). After getting the level, the validated archer can shoot at a greater distance and acquire new skills (use of the viewfinder -sight- or the clicker for example).

Equipments

- **Bows:** There are different types of bows : recurve, compound, longbow, hunting bow, Les Archers du Médoc » mainly shoot with recurve bows, more rarely with compound bows, hunting bows or longbows.
- **Arrows:** The arrows shot out of the bow towards the target can be made of several different types of material : carbon fiber, aluminium, wood, etc.
- **Quiver:** Archers use quivers to hold their arrows. Quivers are usually worn with a belt around the archer's waist.

- **Arm guard:** The arm guard is worn around the archer's bow arm (the arm used to hold the bow). The arm guard can offer the archer some protection from the string, which might graze the archer's forearm after he or she releases (this can hurt!).
- **Tab:** Tabs are worn on the string fingers. A tab will protect the fingers from the string.
- **Release aids:** This mechanical device is a high-precision release tool that archers use instead of a tab. It touches the string instead of the fingers. In competition, only compound archers use release aids.
- **Sights:** Most archers aim at targets using sights. Allows to precisely point the heart of the target.
- **Clicker:** allow the archer to have the same traction on the string at each shot.
- **Stabilisers :** allow the stability of the bow and absorb vibrations when the arrow is launched.

Organization

The association uses the sports facilities of the city of « Saint Vivien de Médoc » : gymnasium and outdoor shooting area (racecourse area). Training sessions are distributed between Monday, Wednesday, Friday and Saturday. Refer to the notice board for timetables.

Instructors or coaches are available at each session and supervise the activity on a voluntary basis. Technical advice and loaner equipment are available for each training session.

The archers respect safety instructions and ensure the cleanliness of the premises.

Les Archers du Médoc

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