

# British Blind Sport - Archery Section



## **BBS Archery** NEW ARCHERS WELCOME PACK

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**New Archers Welcome Pack**

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The BBS Archery Contacts:

British Blind Sport Head Office

ARCHERY GB (G.N.A.S.) Head Office

Web sites

## **Information**

This document is available in other formats on request.

Also available on request or via the Archery Section Website are:

- Rules of Shooting
- Shooting and Administrative Procedures
- Guidelines for Spotter's
- Burntwood Explanation and Equivalents
- British Blind Sport sight classification form and covering letter.
- British Blind Sport membership form

## **1 Introduction**

Although Archery GB is the governing body for archery in Great Britain and includes archery for visually impaired people, it doesn't have a group dedicated to its promotion. However, British Blind Sport has become the leading voice for visually impaired people (V.I.) in the world of sport and leisure, both at home and internationally and has a section for visually impaired archery. The BBS Archery section has its own committee to deal with all relevant matters concerning visually impaired archery. For contact details please see the contacts list at the end of this document.

This information pack is intended to welcome you as a new archer into BBS Archery. It is also designed to give you and your spotter/coach more confidence and knowledge to enable you to become a competent archer.

We hope that you will enjoy the challenge and fulfilment of the sport whether you choose to be a recreational or competitive archer.

Visually impaired archers can aspire to many levels of archery, from simply being a recreational archer to being local, regional, national and international competitors.

## **2 First steps**

The contact details for the secretary of BBS Archery are at the end of this document. Your nearest archery Club can be found by contacting Archery GB, again, details at the end.

Encourage a friend or family member to become your spotter. This will benefit you enormously.

Go along to your local club and speak to the coaching organiser. Tell him/her that you wish to become an archer and inform them of your level of blindness (total, some central/field etc.) Tell them you wish to enrol for a beginner's course. Also inform them that if they require any assistance or information about coaching a visually impaired person they should get in touch with BBS Archery (see the contact list). You should not require any specialist equipment for the beginners course (even if totally blind) as this should be about general archery, safety and technique.

Once you have finished your beginners' course it will be necessary to become a member of Archery GB, either directly or through your local Club. You will need this membership to participate in competitions and shoot at an archery club as it provides your insurance cover. Club fees vary and will be in addition to the Archery GB fee, although they may be combined into one payment. If you need help please contact the BBS Archery Secretary (see the contact list).

The BBS Archery Development Team can provide in-depth technical advice to Clubs that require it. They can also run courses for spotters. Contact the Development Officer for details of what can be offered.

Many V.I.s have suitable residual vision to enable them to use a bow sight or adapted bow sight. The rules on this are explained in the "Rules of Shooting" available on the BBS Archery web site (see the contact list). If you have this ability, use it you will find it much more beneficial. If not, you will probably require tactile sighting aids once you have learnt to shoot.

### **3 Tactile equipment**

For V.I.s who haven't any residual vision an alternative sighting method will be required. A number of ideas have been tried but the tactile "back of hand" method is recommended and the only one accepted under some rules.

#### **Recommended method - Back of the hand**

The 'back of the hand' tactile sighting aid is a device that is supported adjacent to the back of the archer's hand that is holding the bow. This provides the archer with a reference point for elevation. Foot locators guide stance and the left/right direction towards the target.

Have a look at the photographs on the BBS Archery website. These should give your spotter/coach a better idea of how the foot locators and tactile device work in conjunction with each other.

The basic requirements to get you going are discussed below.

#### *Foot locators*

These can be simply made from wood if you have someone handy in your circle of friends. The diagrams are available on request. Alternatively, we have a member who is prepared to make them for you at a reasonable cost. Contact David Poyner (see the contact list).

#### *Tripod*

A basic camera or music telescopic tripod (so that it can be carried around) can be simply adapted to hold the tactile sighting device. The BBS Archery section can provide a suitably modified tripod at a reasonable cost (see BBS Archery website).

#### *Tactile device*

You can use anything in the short term which enables you to have a reference point using the sense of touch on the back of your hand. Pressure buttons like the ones used on a recurve bow for instance, a half of a rubber ball, a door stop, in fact anything which is soft or has a springy response can all be used. The sprung nature is to prevent any bruising on the back of the bow hand.

The BBS Archery section can provide a suitable device at a reasonable cost (see BBS Archery website). Alternatively, Brian Burgess (see the contact list) makes an advanced, specialist, highly adjustable, tactile device which is suitable for more experienced archers.

## **4 Ready to become a competitive V.I. archer?**

You do not have to be a British Blind Sport member to take part in competitions, but you do need to be a British Blind Sport member and have a sight classification if you wish to have your score recognised for BBS Archery record purposes.

Sight classification for non British Blind Sport members can be carried out for a small additional charge by the British Blind Sport sight classifiers. (There is no charge to British Blind Sport members for this service).

In addition to competitions run by local clubs, counties and other archery bodies, BBS Archery holds both an Indoor and Outdoor National Championship each year for members. These events are held at Lilleshall, the National Sports Centre near Newport in Shropshire. Entry forms are made available and must be returned by the closing date with any necessary remittance. When participating in competitions organised by BBS Archery, accommodation can be arranged for the duration, by filling in the accommodation form that is obtainable from the Secretary along with the entry form.

The BBS Archery Committee and Development Team arrange coaching weekends during the year. These events are to encourage new and potential V.I. archers, to improve the performance of existing archers, and help and encourage coaches and spotters.

## **5 Benefit of British Blind Sport membership**

As a British Blind Sport member, you receive the following benefits.

- Target magazine each quarter; this gives you a round up of what is happening in all British Blind Sport sports including details of forthcoming events.
- The BBS Archery sports committee submit applications for funding to British Blind Sport to help subsidise the cost (to the members) of attending our events.
- You are entitled to a free sight classification.

## **6 Safety is a priority to ALL archers**

Safety is as always of the utmost importance, more particularly to visually impaired archers. When competing you will be made aware of any particular rules for that competition in the judge's assembly chat (just before the start of the event).

It is recommended that V.I archers using bow sights and not having/requiring a spotter, should notify the tournament organiser prior to the event and the judge on the day, that they are visually impaired.

For more in depth rules of safety please see the "Rules of Shooting" and "Guidelines for Spotters" on the BBS Archery website but remember, the judge on the day is the best person to ask, and make sure you listen to his opening instructions at the event.

## **7 Sight classifications for V.I. archers**

When you become a member of British Blind Sport, or if you wish to be a recognised visually impaired archer, you will be required to submit a sight classification form. The form is taken by you to a recognised ophthalmologist/optometrist, who then completes the form according to the results of your sight test. This should then be sent to the BBS Archery secretary, who forwards it to the British Blind Sport sight classifier with the relevant information of our sport specific categories.

The sight classifier then determines which sight category you meet and informs you and the committee accordingly.

There are four levels of sight classification within Archery. For the first three, archery uses sport-specific classifications of B1, B2 and B3 to be based solely on acuity. An additional "V.I. Open" competition class is available for those who satisfy the general rules of sight classification by virtue of field-of-vision.

The formal rules that need to be followed while shooting (known as the "Rules of Shooting") are contained in other documents which are available from the BBS Archery web site. However, the following are a brief summary of the Rules to do with sight classifications.

- To comply with V.I. archery standards and rules, all V.I. archers must turn the head towards the target throughout alignment, aiming and release of the arrow.
- B1 Classified archers are required to wear BLACKOUT glasses/shades. These will be checked by a judge to make sure that the archer cannot see anything. At all times the black-outs must be in place whilst the archer is in front of the waiting line.

## **8 Looking good**

### **Adhere to the Dress code in competitions**

BBS Archery organised events have their own dress code which require both the archer and their spotter to only wear clothing in plain white or forest green (or a combination of both). At competitions outside BBS Archery the above colours (plus any registered club colours) apply to the archer only.

## **9 General Information which may help you.**

### **Spotters**

It is your responsibility to find someone to spot for you at all practice and competitive shoots. It is important that you build a relationship with your spotter so that they get to know you and how you shoot. It has been shown that the most successful V.I. archers are those who have their own regular spotter. The ability to work as a team is important.

It is in your best interests to look after your spotter as well as he or she looks after you.

### **Show consideration.**

Mobile phones are not allowed onto the shooting line or on the waiting line unless they are turned off or put onto the silent/vibrate mode in case they cause a distraction.

Archery still has a lot of what may now be regarded as historical etiquette. For example, when receiving any prize from the Lady Paramount (a lady who historically has the final say in any dispute but in reality these days is there to hand out the awards), gentlemen are expected to remove any hat they may be wearing.

Be courteous to your fellow archers when approaching or returning from the shooting line. When on the shooting line do not distract them by talking or making sudden movements as they may still be shooting. (See "Rules of Shooting" and "Guidelines for Spotter's" on the BBS Archery website). If you take your guide dog, make sure you clean up after him/her.

### **Take care of yourself.**

It is important to ensure that you warm up prior to commencing shooting and cool down when finished shooting, whether at practice or competition. This minimises the chance of injury. Your coach will be able to provide advice. It is advisable to eat little and often during the day and also to drink plenty of water.

### **Extra comforts**

It is recommended that when you participate in any outdoor shoot that you have the following items at hand.

- Waterproof clothing – Colours do not matter (inclement weather rule)
- Towel (to dry your hands and equipment).
- Waterproof cover to keep your equipment dry.
- Suntan lotion and a hat – you never know when the sun will come out and it can catch you unawares. Prevent sun/heat stroke.
- A chair or something to sit on.
- Baby wipes or similar, to keep your hands fresh.
- And of course, your refreshments.

Most of all enjoy it!!!

## **Document History**

Amended April 2006  
Amended February 2007  
Amended June 2008  
Amended October 2009

## Contact Details

### *Useful contacts*

BBS Archery, like all organisations have a committee, they are there not only for the organisation and structure of the sport, but they are there for you.

### ***The BBS Archery Contacts:***

<b>David Poyner</b>	<a href="mailto:chair@bbsarchery.org.uk">chair@bbsarchery.org.uk</a>	0161 2829524
<b>Roger Rees-Evans</b>	<a href="mailto:secretary@bbsarchery.org.uk">secretary@bbsarchery.org.uk</a>	01792 812212
<b>Sue Habgood</b>	<a href="mailto:development@bbsarchery.org.uk">development@bbsarchery.org.uk</a>	01273 515877

(see BBS Archery website for the other Committee members)

### **Advanced Tactile Sight Supplier**

Mr. Brian Burgess 224 High Road, Broxbourne, Hertfordshire, EN10 6QD.	01992 460110
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### ***British Blind Sport Head Office***

4-6 Victoria Terrace, Leamington Spa, CV31 3AB <a href="mailto:info@britishblindsport.org.uk">info@britishblindsport.org.uk</a>	01926 424247
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### **Development Officer for British Blind Sport:**

<b>Gillian Parker</b>	<a href="mailto:gillian@britishblindsport.org.uk">gillian@britishblindsport.org.uk</a>	01525 860805
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### ***ARCHERY GB (G.N.A.S.) Head Office***

Lilleshall National Sports Centre, Nr. Newport, Shropshire, TF10 9AT <a href="mailto:Info@ArcheryGB.org">Info@ArcheryGB.org</a>	01952 677888
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### ***Web sites***

#### **BBS Archery Section**

<http://www.bbsarchery.org.uk>

#### **ArcheryGB/G.N.A.S.**

<http://www.ArcheryGB.org>

#### **British Blind Sport**

<http://www.britishblindsport.org.uk>