

ARCHERS

Please do not feel pressured to return to your club until you are confident you can do so. If you are struggling, then please reach out and seek professional support.

As lockdown restrictions begin to ease, sport and physical activity providers - such as clubs, groups, and venues - plan for reopening. Whilst some people may be excited about returning to work, sessions and facilities, early evidence from national surveys shows that many people may be returning to sport with poorer mental health due to coronavirus.

Mind have developed two handy guides: one to help individuals prepare for participation, and one to equip the sport and physical activity sector with tools and information to support the mental health of staff, volunteers, and participants. Click here for more information:

<https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/>

If you have any questions, then please email membership@archerygb.org and a member of staff will get back to you. Please note a number of the team are furloughed and a response may take longer than usual.

PROTECT EACH OTHER

There are three simple actions we must all do to keep on protecting each other

- **Wash hands**
keep washing your hands regularly
- **Cover face**
wear a face covering in enclosed spaces
- **Make space**
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

At all times, archers need to remain flexible and follow updates from their clubs. Clubs are being challenged to respond quickly if there is an increase in the virus locally, nationally or if any club members, or visitors to the range, test positive for coronavirus.

STAY ALERT

- Archers and Members **MUST NOT** come to the range/club if they show symptoms of any illness but in particular of Covid-19. [These are highlighted on NHS Direct.](#)
The main symptoms of coronavirus are:
 - a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
 - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

- a loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

- What to do if you have any of the main symptoms of coronavirus:
 - Get a test to check if you have coronavirus as soon as possible.
 - Stay at home and do not have visitors until you get your test result – only leave your home to have a test.
 - Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.
 - Follow all current laws and government guidance.
- If you are symptomatic, living in a household with a possible COVID-19 infection you must follow all current guidance. If you are classified as extremely vulnerable on health grounds, you should be especially careful and be diligent about social distancing and hand hygiene.
- Archers and other Members should notify the club if they develop symptoms after attending the archery range.
- All clubs and coaches are asked to notify Archery GB using this simple survey, of any archer or volunteer that reports a positive test, where NHS Test and Trace have been in touch or other related incident – no personal information is required.

Click here to complete the survey - <https://www.surveymonkey.co.uk/r/agbcovid-reporting>

PARTICIPATING

- We are advising clubs and coaches to use a booking system, which will support lane management to avoid disappointment and stagger timings to minimise encounters between people, including in car parks and at entrances. Turning up at the range without a slot should be avoided.
- As an archer, you must practice social distancing at all times and maintain a distance of at least 2 metres apart. If this is not practical/possible, then other mitigating practices, such as face coverings or physical barriers such as protective screens, should be used as per the 1m+ guidance.

OUTDOOR ONLY

- A target boss may be used by up to a maximum of 2 archers from different households, or one group of archers of any size if from the same household.
- Individual targets should be positioned a minimum of 3.66 metres from each target lane centre (depending on available space). This minimum spacing temporarily is incorporated in **Rule 301**.

- If two targets are placed in a lane for use by a household, then 5 metres should remain between the centres of the adjoining targets.
- Indoor spaces and facilities must remain closed, except for toilets. There is an exemption for disabled archers to enable them to shoot indoors.
- Where appropriate you may be provided with target faces and target pins to keep, and re-use or dispose of at home after use. If this not possible then ensure any shared equipment is cleaned/sanitised after contact.
- Archers should use their own equipment if possible (or equipment that is loaned to them by the club, which is kept by the archer for a period of time). Where this is not possible and is deemed a barrier to participation, clubs, coaches, and archers need to do everything practical to minimise the risk of transmission.
- These include:
 - The frequent cleaning of objects, equipment and surfaces that are regularly touched, ensuring there is adequate disposal arrangements for waste.
 - Sanitisation of all equipment after every use, before being used by someone from a different household.
 - Wash/sanitise your hands thoroughly before and after using, handling or cleaning equipment.
- If your club is providing timed slots, please follow your club’s guidance by arriving shortly before your designated time, wearing and with the correct gear and be ready to shoot. After your slot, you should leave as soon as you have packed away your equipment. Clubs are advised to stagger start times to minimise the risk of archers meeting others outside of their household.
- In order to minimise contact, there is no need to remain at the club if you are not shooting.

SPECTATORS

Spectating should be actively discouraged. Only essential volunteers should be at the range, and their roles during practice sessions should be logged in the risk assessment.

Where attendance of a parent/guardian (non-participant) or a carer for a disabled archer is required, it should be limited to one per archer, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose). Consideration should be given to single parents or carers, in order to enable participation by all.

Please respect the club’s decisions – clubs are run by volunteers and they are managing a continuing complex situation whilst doing their best to allow you to shoot.