

California Department of Fish and Wildlife

# CalNASP Study Guide

Quick Read Ahead

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11/8/2013

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The purpose of this study guide is to provide a few quick tips to help you prepare for Basic Archery Instructor (BAI) training class. This information is greatly diminished from the training manual (you will receive in the actual class) and is not intended to take the place of any of the lessons in the official BAI Manual.

### Operating the Range

As the archery instructor, your responsibility is to manage a safe and controlled range (indoors or outdoors) for students and bystanders. NASP utilizes a “whistle system” in which to maintain control of behavior on the archery range by signaling students to:

- Approach the shooting line
- Release an arrow
- Retrieve arrows that have been released into targets
- Stop all action – emergency on the range

We are assuming that your range is to specification (per BAI manual) and ready for students to begin shooting. You will learn range layout in detail during class.

*Students start out behind a waiting line. Students may progress to the shooting line when two whistle blasts are given.*

- Two whistle blasts means “get bow”

*Students may get their bow from the bow rack, but must keep the bow on the toes until one whistle blast is given. Students may then nock an arrow and shoot.*

- One whistle blast means “shoot”

*After finishing a designated round of arrows, students must then hang their bow back on the bow rack and wait for further instructions. Three whistle blasts indicates the students may approach the target line to pull their arrows from the targets.*

- Three whistle blasts means “go get arrows”

You can easily remember the whistle sequence by calling it the 213 system.

- Get bow
- Shoot
- Go get arrows

*The last whistle blast you will learn is the emergency on the range signal. This whistle blast is a series of very sharp blasts of five or more. Use this signal only when necessary for safety purposes and to stop all*

*action on the range; for example, a person walking onto the range or a ball rolling onto the range. If an emergency occurs everyone stops what they are doing. If an arrow has been nocked, the archer must gently let down the draw and remove the arrow.*

## **Eleven Steps to Archery Success**

As an archery instructor you will be coaching your students on proper form. NASP's philosophy for proper form is broken down into the following steps. Memorize this well, even though (at this point) you may not know what each step means. You must also memorize the steps in the order presented. This is on the test and you will be expected to fill in the blanks in order.

You can use chunking as a technique to memorize – that is memorizing three steps at a time, etc. You may also use visualization to help you. For example, close your eyes and mentally go over the necessary actions or approximations required to reach the final goal of releasing an arrow into a target.

1. Stance
2. Nock arrow (this means to affix the arrow to the bow string)
3. Draw hand set
4. Bow hand set
5. Pre-draw
6. Draw
7. Anchor
8. Aim
9. Shot set-up
10. Release
11. Reflection

## **Terms to know**

Dry fire – This means to draw a bow and release the strings without an arrow being affixed or nocked to the bow string. Very bad for the equipment and there is potential for injury.

Floor Quiver – Is a container on the floor that holds arrows. The best place to keep arrows during large group instruction.

Nocking an arrow – This means to affix the nock at the end of arrow onto the bowstring. Not to be confused with the nock locator on the string of the bow.

String Bow Device – Training tool made of a piece of long string in which students can practice proper form without a bow and arrow.