



# Archery:

## Before completing this charm, girls should have completed the Be Wild, Be Free patch

This is progressive. No matter the level, girls must demonstrate all points from the previous level in order to complete their level. It is recommended that girls complete first aid before any activity using weapons.

### Junior:

- Demonstrate to an archery trained adult that you know and understand the following:
  - $\circ$   $\;$  Identify what the whistles/commands in archery mean  $\;$
  - $\circ$   $\;$  Identify the archery safety equipment and how to properly put it on
  - Explain "dry fire" and why it's dangerous
  - Proper way to hold a bow when waiting to shoot and when shooting

### Cadette:

- Demonstrate to an archery trained adult that you know and understand the following:
  - Identify and follow whistle commands
  - Identify archery equipment, parts of the bow, parts of the arrow
  - Identify and use properly the wait line, shooting line on an archery range
  - Show proper form when holding, loading, and shooting a bow.
  - Properly pull an arrow from the target
  - Properly retrieve an arrow that has gone off target (in front and/or behind)

### Senior/ Ambassador:

- Demonstrate to an archery trained adult that you know and understand the following:
  - Know the proper safety zones for indoor and outdoor ranges, as well as proper measurements for:
    - Targets, wait line, shooting line, target line
  - Know how to store equipment
  - Inspect equipment for damage or breakage.

• Know how to repair equipment and/or where to get repair assistance

- Challenge yourself on the archery range:
  - Use smaller targets/balloons or move farther from the target when shooting
  - Use a different type of bow (compound, longbow)
  - Use a different stance (kneel down, shoot with the opposite hand)