



RECOMMENDATIONS FOR NATIONAL FEDERATIONS

Safety regulations for outdoor archery throughout the COVID-19 pandemic

These recommendations have been issued by the World Archery Medical and Sport Sciences Committee on request of the World Archery Executive Board in order to assist national federations. The implementation will depend on the actual situation in the country concerned. World Archery encourages each national federation to publish their own recommendations taking into consideration this document and national/regional regulations.

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Current situation

We are all going through an unprecedented time in which we have a life-threatening pandemic due to a new virus for which there is no proven treatment or vaccine as yet. Nor do we know how long the virus will be a serious health problem, so we must take steps to keep archery safe.

In regards to the global COVID-19 crisis it is necessary to institute safety regulations to protect archers, and the archery family whether training, competing or just shooting arrows recreationally.

Recognising that there will be national and local government as well as **public health regulations** which may differ from country to country and from place to place, which **must be respected**, the World Archery Medical and Sports Science Committee has established safety regulations to provide effective protection of the health and safety of the archery family which is a priority.

Need for protective measures

COVID-19 is mostly spread person to person through large respiratory droplets when a person breathes, speaks, coughs or sneezes. These droplets are then inhaled by a nearby person leading to infection.

There have been reports that people with no symptoms can transmit the virus in exactly the same way as described above. Because asymptomatic people do not think they are infected they often do not take appropriate precautions as they would if they were ill and so may be contributing to the ongoing circulation of the virus in communities.

World Archery recommendations

The recommendations are for able bodied and para archers, as well as for any personnel using the facilities. All national and local government public health regulations must be followed.

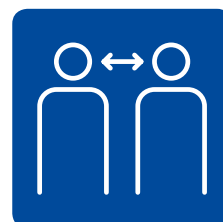
Washing hands and cleaning the equipment

- **Every archer should use a hand sanitiser or wash their hands** with soap and water for a minimum of 20 seconds when entering and when leaving any training ground to ensure there is no contamination of the archer's hands, to reduce risk of infecting another person. When handwashing, dry the hands with single use towels which are then discarded into a container. Every archery club should provide hand sanitiser, hand washing facilities, disposable single use paper towel and containers for the used paper towel or require that athletes bring their own sanitiser and disposable towel with them.
- **All equipment** (bow, arrows, quiver etc) should be cleaned with an appropriate disinfectant (please follow local recommendations) before and after their use in the field.



Social distancing

- Each person should keep distance from any other person to avoid inhaling any aerosol droplets which fall to the ground usually within 2 metres. This is particularly important for individuals with health conditions such as diabetes, asthma, high blood pressure, or who are aged 65 or older who are more vulnerable to the serious complications of COVID-19.
- **Follow the local rules regarding social distancing**
- **Any personnel should abide by the same social distancing rules.** Coaches should respect social distancing recommendations and only approach the athlete if there is a health or safety issue and should wear a mask and take appropriate hand sanitising precautions.
- **Targets.** On the field the targets should be a minimum of 2 metres apart. Each archer should use a separate target. If the targets are closer than 2 metres, then every alternate target should be used to ensure social distancing.



Using the field of play and the training grounds

- **Each target should be used only by one archer.** The archer should use his own dedicated target face which should be removed after finishing shooting and discarded. Only the archer who shot the arrows should remove them. For Para-archery athletes that cannot remove their own arrows, another person can collect the arrows, but this person should wear gloves and a protective mask.
- Archers and their personnel should be able to enter and leave the training ground or field of play in a unidirectional way to **avoid crossing the path of any person.**
- **The maximum number of athletes and personnel** in the same area will be determined by the local/regional and public health regulations in your country.

Organising training and competitions

- To enable social distancing and follow these rules, **a booking/registration system** should be in place so that time slots for archers are staggered to avoid too many people on the field at any onetime.
- Archers and any personnel should **sign in and sign out** giving the day and time they were at the facility. This will enable contact tracing to occur if any infection does occur.
- **No social facilities/cafeterias or changing rooms should be opened** unless authorised by the public health authorities and in full implementation of their recommendations..
- For what concerns **competitions**, public health authorities should inform when competitions can take place again and it is recommended to do online or email/online competitions to remain active. Examples can be found on archery social media platforms.

Be safe and respect others

- Any signs of fever, cough, shortness of breath, muscle aches, unexplained fatigue experienced by any archer or support person?
Stay at home! No outdoor activity!
- Always use **your own equipment**, do not borrow any sports equipment from the clubs who should not offer such a service..
- Only family members one lives with should **travel in the same car** to the training field.
- If you **cough or sneeze** do so into your elbow or single use towel.
- If you **take medication** for anything, make sure you continue to do so.
- Continue social distancing and hand washing or sanitation **wherever you are.**

