

U.S. ARMY CADET COMMAND ARCHERY SAFETY EXAM – DRAFT - VERSION 2.0 of 4 versions.

Student Name: _____

Date: _____

Period: _____

Basic Archery Safety Exam

1. Which of the following statements best describes archery's popularity?
 - A) Archery is a sport only the most elite of athletes can participate in archery.
 - B) Only Olympic archery is a popular form of archery.
 - C) Archery is best suited for celebrities.
 - D) Archery is a life-long sport enjoyed by people of many sizes, abilities, and ages

2. While on the shooting line and 5 or more whistle blasts are blown, it signals that an emergency has occurred and that the archer must stop what they are doing. What additional actions should be taken?
 - A) If an archer is on the shooting line in the process of shooting an arrow, they must hold the string securely and gently let the arrow down from full draw, return the arrow to the quiver, walk the bow back to the rack and then walk behind the waiting line until the issue has been resolved.
 - B) If an arrow is nocked, it may be shot before the archer racks the bow.
 - C) The archer should remain on the shooting line until additional instructions are given.
 - D) The archer should raise their hand to ask the instructor for assistance.

3. To shoot a bow without an arrow is called a 'dry fire'. This can harm the archer, bystanders, or the equipment. Which of these statements is also true?
 - A) A bow may be shot without an arrow if it is only practice.
 - B) A bow should only be shot with an arrow properly nocked and pointed in a safe direction, downrange towards the target.
 - C) A bow may be drawn back and released without an arrow for demonstration.
 - D) A loaded bow may be drawn back while pointed at the floor.

4. Whistle Commands:
_____ is signified by two whistle blasts
_____ is signified by one whistle blast
_____ is signified by three whistle blasts
_____ is signified by five or more whistle blasts

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5. The range has three management lines on the floor; the target line, shooting line(s) and the waiting line. Please match the lines to the descriptions.

_____ Target Line _____ Shooting Line(s) _____ Waiting Line

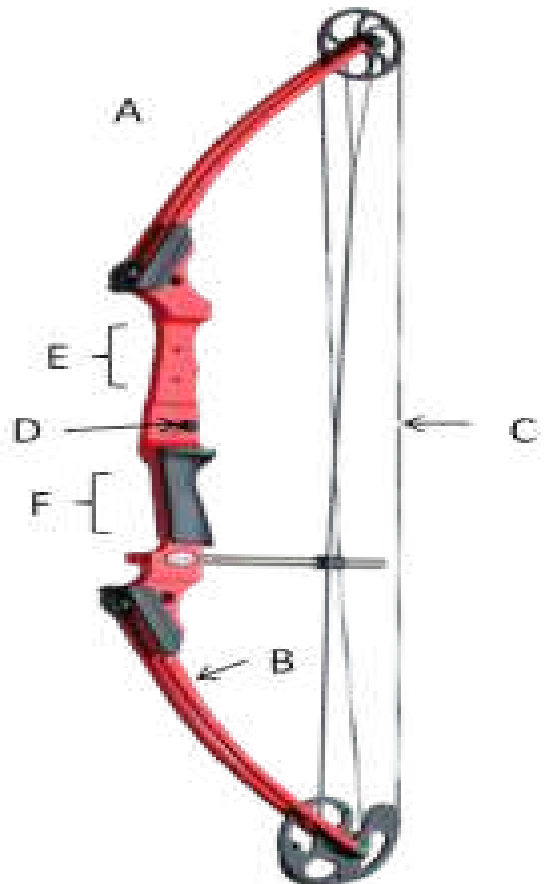
- A) The line on the range where archers stand to shoot their bows. At competition, these lines are set at 10 and 15 meters.
B) Placed 4 yards or meters up range and parallel from the shooting line, this line defines the area behind which the archers stand to receive the whistle command to get bow and after completing their five shots.
C) Placed 2 yards or meters up range from and parallel to the targets. After scoring, one archer must remain behind this line while the other archer safely pulls arrows.

6. Number the 11 Steps in the proper order:

_____ Follow Through/Reflect	_____ Pre-Draw
_____ Nock	_____ Bow Hand Set
_____ Draw Hand Set	_____ Stance
_____ Aim	_____ Release
_____ Shot Set-up	_____ Draw
_____ Anchor	

7. From the diagram, identify the listed parts of the bow:

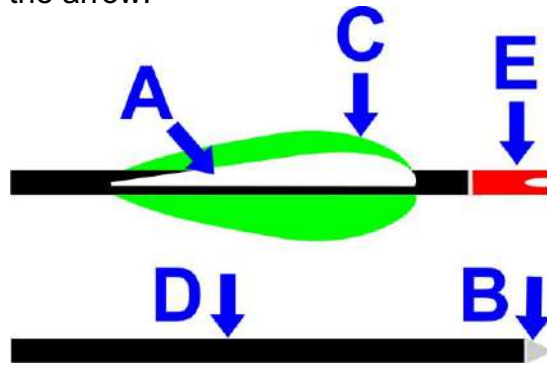
_____	Arrow Rest
_____	Nock Locator
_____	Sight Window
_____	Upper Limbs
_____	Bow Grip
_____	Lower Limbs



8. When students are behind the waiting line, where should the bows be placed?
- A) On either side of the archery range.
 - B) Behind the arrow curtain.
 - C) Between the shooting line and target line.
 - D) On the rack between the waiting line and the shooting line.
9. Using the limb bolts and a hex wrench, the bow's draw weight can be adjusted. One complete, counterclockwise turn of the wrench on each limb bolt reduces the draw weight by a total of approximately:
- A) 1.5 pounds
 - B) 5 pounds
 - C) 1 pound
 - D) 3 pounds

10. From the diagram, identify the listed parts of the arrow:

_____ Point
_____ Shaft
_____ Nock
_____ Fletching
_____ Index Fletch



11. The type of target used in this program is described as an 80cm FITA target.
- A) True
 - B) False
12. The nocked arrow's index vane should face _____ before the archer places draw hand fingers on the bowstring.
- A) The Upper Limb.
 - B) Away from the riser.
 - C) Toward the riser.
 - D) The lower limb.

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13. In a tournament setting, each archer has a 30" wide lane. The bow, the quiver, the arrows and the archer must remain inside this space while shooting. Where must the quiver for the arrows be placed?
- A) On the shooting line, behind the archer.
 - B) On the shooting line, in front of the archer.
 - C) To the left side of the archer.
 - D) It doesn't matter.
14. When an arrow is dropped while on the shooting line, the archer must:
- A) Retrieve it immediately and continue shooting to save time.
 - B) Wait for adjacent archers to finish shooting, retrieve the arrow and continue shooting.
 - C) Leave the arrow on the floor and raise a hand so the instructor will bring a replacement arrow.
 - D) Count the arrow as a "zero" and be careful not to drop another one.
15. While at "anchor" if an archer sees someone behind the arrow curtain, the archer should:
- A) Carefully shoot the nocked arrow.
 - B) Advise nearby archers to be extra careful not to miss their targets.
 - C) Shoot quickly so to at least get one completed shot.
 - D) Return the arrow to quiver and inform the Army instructor of the emergency.
16. When is it safe to get an arrow and nock it?
- A) When you see the other archer's doing it.
 - B) When you walk up to the shooting line.
 - C) When the range master blows the whistle one blast to signal "shoot".
 - D) Before you shoot.
17. Before the Army instructor gives the 1 (one) whistle signal to "Shoot", all archers must:
- A) Raise their hand to indicate they are ready to begin.
 - B) Ready their first arrow by grasping the arrow below the vanes.
 - C) Have one foot on each side of the shooting line with "bows on the toes".
 - D) Indicate they are ready by saying "STRENGTH AND HONOR"

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18. After shooting the last arrow from the quiver, the archer must:
- A) Continue to reflect on their shots until all archers are finished.
 - B) Rack the bow and return behind the waiting line.
 - C) Move downrange and record their score.
 - D) Return behind the waiting line with their bow.
19. While both archers may approach the target when scoring, only one archer may remain at the targets when arrows are pulled. The other archer must (Choose all that apply):
- A) be safely behind the target line.
 - B) be safely behind the shooting line.
 - C) be safely behind the waiting line.
 - D) be safely behind the curtain.
20. To properly hand carry arrows on the archery range....
- A) Walk with either the points or the nocks covered in one of your hands.
 - B) Walk with one hand covering the points and the other hand around the shafts below the vanes.
 - C) Using your feet, slide the arrows along the floor to the quivers.
 - D) Walk with the arrows held by the point and the nock end dangling by your side.
21. When removing an arrow from the target it is important to:
- A) Trust that everyone is safely behind the target line when pulling arrows.
 - B) Start by pulling the lowest and furthest arrows in the target.
 - C) Place one hand immediately above the arrow on the target. The other hand is placed around the arrow, touching the other hand as close as possible to the target.
 - D) Remove arrows in the bullseye last so everyone sees how great an archer you are.
22. Why must an archer always look towards the target line when pulling arrows from the target?
- A) To prevent bending the arrow.
 - B) To see if the class notices what a great archer you are.
 - C) Foam or paper might be pulled from the target and get in the archer's eye.
 - D) To make sure the archer waiting to pull their arrows is safely behind the target line.
23. At what speed do archers move about the archery range?
- A) As fast as they wish.
 - B) It depends on how much time is remaining in class.
 - C) During an emergency it is okay to run if arrows are pointed down range.
 - D) When moving, archers should always walk.

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24. Assuming a proper Bow Hand Set with knuckles at a 30 - 45 degree angle, if the bow string strikes the archer's forearm, which of the following could correct the problem?

- A) Rotate the inside of the archer's bow arm elbow down and away from the string at pre-draw.
- B) The archer has three fingers on the bowstring.
- C) When the arrow is nocked, make sure the index fletch is facing away from the bow.
- D) The archer's feet are shoulder width apart.

25. When archers are firing only the range master can call a cease fire.

- A) TRUE
- B) FALSE

26. Which of these statements is incorrect when aiming:

- A) Aiming is an alignment between your eye, the string, and your front sight (such as the arrow's point).
- B) Its best just to guess where the arrow will hit.
- C) Your dominant eye is your rear sight.
- D) Allow the bow to move naturally – a perfectly still bow is unnatural.

27. Check all that apply to a proper Bow Hand Set:

- A) Place your hand in the bow grip with the meaty part of your thumb inside the grip.
- B) Knuckles should form a 30 – 45 degree angle.
- C) An "L" shape should be formed at the wrist.
- D) Fingertips should be relaxed and lightly touch the front of the riser.
- E) All of the above.

ANSWER KEY

1. D
2. A
3. B
4. Get Bow, Shoot, Go Get Arrows, Emergency
5. C A B
6. 11, 2, 3, 8, 9, 7, 5, 4, 1, 10, 6
7. D C E A F B
8. D
9. A
10. B D E C A
11. A
12. B
13. B
14. C
15. D
16. C
17. C
18. B
19. A
20. B
21. C
22. D
23. D
24. A
25. A
26. B
27. E