

# WELCOME TO GRANGE BOWMEN INC



534 ALBANY CREEK ROAD  
BRIDGEMAN DOWNS  
PHONE 07 3264 4537  
(SAT & SUN ONLY)

Follow us on



[www.grangebowmen.com.au](http://www.grangebowmen.com.au)

*Revised October 2020*

## GENERAL CLUB INFORMATION

- »→ Grange Bowmen is run and staffed by a highly dedicated group of volunteers who give their time freely.
- »→ Enclosed footwear to be worn at all times e.g. boots or joggers (ballet flats, thongs, water shoes, crocs, sandals etc. **do not** provide adequate safety in a bush environment).
- »→ Safety is important - Please take the time to observe and understand all the rules of the club and of the ABA.
- »→ Members **MUST** sign in and out via the QR code, located next to the Nominations window. This is for insurance and COVID contact tracing purposes.
- »→ Bow and arrow hire is \$7 per session, capped at \$20 for Families.
- »→ All equipment requires a safety inspection by one of our Instructors/Coaches prior to using it on the ranges (including new equipment).
- »→ Join us for working bees and receive discount on your Club membership fee for the following year. Check the Club calendar on the website for the next working bee.
- »→ You **MUST NOT** be under the influence of alcohol or drugs.
- »→ Aggressive or bullying behaviour of any kind will not be tolerated and will result in membership suspension and/or removal from the club and may report to other authorities if necessary.
- »→ Shooting of any animals on the clubs premises is strictly forbidden.
- »→ Juniors and Cubs are to be supervised by a parent/guardian at all times.
- »→ As a member of Grange Bowmen, you are encouraged to attend Branch, State and National events. Please see the ABA Representative or Committee Member for further information.
- »→ Regular Bowhunter Proficiency Courses are held for those who are interested in hunting. These courses are run over a weekend when required and you must have held your ABA membership for a minimum of 3 months prior to enrolling in this course.
- »→ No more than 1 piece of camouflage is permitted to be worn at the same time. However, this is discouraged out on the ranges for safety reasons.
- »→ Broadheads are not allowed at the club. The only exception is during special organised events approved by the Range Captain or Committee.
- »→ Follow us on Facebook and Instagram for upcoming events, notifications, closures and club achievements.
- »→ Our website [www.grangebowmen.com.au](http://www.grangebowmen.com.au) contains valuable information including membership forms and calendar of events.

*\*Notice: prices subject to change without notice.*

## WHAT HAPPENS AFTER MY PROBATIONARY PERIOD?

- »→ Once your 3 months has expired, you will be required to join the ABA (our Parent body and insurer), before you can become a member of Grange Bowmen or any other club.
- »→ We recommend joining the ABA about 3-4 weeks prior to your probationary membership expiring. Joining the ABA can be completed on line via their website [www.bowhunters.org.au](http://www.bowhunters.org.au)
- »→ Probationary members are eligible for pro-rata membership to Grange Bowmen, as our annual fees are calculated on the calendar year (i.e. January to December).

# **FAQ's**

## **OPENING HOURS OF THE CLUB**

- »→ The Clubhouse is staffed on Saturdays and Sundays between 10am to 4pm.
- »→ We have a Social group who meet on Wednesdays from 8am to 12midday. Please note the canteen and bow hire is not available at this time.
- »→ The practice and field ranges are open every day during daylight hours unless otherwise closed by the Range Captain (for safety reasons).

## **WHAT ARE THE 3 BOXES ON MY PROBATIONARY MEMBERSHIP CARD?**

- »→ These are to be signed off by an Instructor/Coach when you are deemed competent.
- »→ One box each for the 50 yard practice range, Range 1 and Range 2.
- »→ You do not need to be cleared on all 3 before you joining up as a Club member.

## **CAN I DROP MY KIDS OFF AND COME BACK AND PICK THEM UP?**

- »→ No. You cannot leave a child under 18 years at the Club. A parent or guardian must be present at all times, this also includes walking the field ranges with them.

## **WHAT AGES ARE CUBS AND JUNIORS?**

- »→ Cubs up to and including 12 years; Juniors 13 – 17 years; Adults 18 years plus.

## **WHERE CAN I BUY ARCHERY EQUIPMENT?**

- »→ There are a number of locally based and online stores. We cannot recommend one over another, but if you discuss your needs with Coaches, Instructors and other members of the club, they will discuss their personal experiences with different stores (refer to back page for local list of stores).

## **WHAT BOW SHOULD I BUY?**

- »→ It's a personal choice. The least expensive option would be purchasing either a Longbow or Recurve.
- »→ Entry level Longbow/Recurve set up start around \$300 (bow, arrows and glove/finger tab).
- »→ Entry level compounds start from \$500-600. This is due to additional items that may need to be purchased e.g. sights, release aids, stabilisers and they are generally more complex.
- »→ Ensure the bow feels comfortable and the poundage is not more than you can handle.
- »→ Ask other members about their equipment.

## **HOW MUCH SHOULD I SPEND?**

- »→ Spend only what you can afford; remember, you get what you pay for.
- »→ Prices will vary depending on components your equipment is made from e.g. Wooden/fiberglass limbs will cost less than full Carbon fibre ones.
- »→ Wooden recurves are generally cheaper than carbon.
- »→ Look for RTS (ready to shoot) or RTH (ready to hunt). These are a good option for beginners as these are a package – often including 3 arrows, sight, quiver and release aid.

## **I HAVE MY OWN EQUIPMENT; WHAT NEXT?**

- »→ Please bring your equipment to be safety checked (including new equipment).

- »→ Ensure your arrows have a clear and appropriate spine rating for your bow. Unspined arrows are not permitted to be used at the club.
- »→ The practice and field ranges are open during daylight hours if you have your own equipment that has been safety checked.

### **WHAT DOES ABA STAND FOR?**

- »→ Australian Bowhunters Association [www.bowhunters.org.au](http://www.bowhunters.org.au)

### **DO I HAVE TO JOIN ABA?**

- »→ Yes! If you want to join the club and shoot on our ranges, you must be a member of the ABA.

### **WHAT GAME DOES ABA PLAY?**

- »→ ABA games are all unmarked distances. The most common shoot is a 3 arrow plus 1 arrow round shot at either coloured or black and white animal targets.
- »→ Other shoots may also consist of 3D, 2 arrow, Aussie round and All Faces.

### **WHAT DOES IFAA STAND FOR?**

- »→ International Field Archery Association [www.ifaa-archery.org](http://www.ifaa-archery.org)

### **HOW IS IFAA PLAYED?**

- »→ IFAA is a marked distance round consisting of 28 targets. The targets are black and white circles, 4 arrows are shot at each target, all arrows count.

### **CAN I ATTEND A CLUB SHOOT?**

- »→ Yes! We encourage all our new members to come along to our club shoots. You will be placed with an experienced group of archers to show you the ropes. Refer to our calendar on the website or check out Facebook/Instagram for upcoming events.

### **I WANT TO ATTEND A BRANCH OR NATIONAL EVENT?**

- »→ Contact the Club's ABA Representative to nominate.

### **WHY SHOULD I BECOME A FULL MEMBER OF GRANGE BOWMEN?**

- »→ Full members have access to all field and practice ranges and to an extensively equipped bow room at no cost.
- »→ We encourage members to attend away shoots (e.g. Branch, State and National events), where you can mix with other friendly and experienced fellow archers.
- »→ Attend and vote on Club matters that arise at our AGM each year.
- »→ Hold a Committee position, become an Instructor or Coach.
- »→ It's lots of fun too!

## WHY DO A BOWHUNTER PROFICIENCY COURSE (BPC)?

- »→ We encourage all members to attend and complete a Bowhunter Proficiency Course (BPC).
- »→ Grange Bowmen and ABA objectives are to promote bowhunting to a high level of acceptance and recognition throughout Australia and the world. We educate members to attain and uphold the highest standard of hunter ethics in accordance with the rules of fair chase. In this course fair game is explained.

## I HAVE COMPLETED MY BPC - WHAT AM I ALLOWED TO HUNT & WHERE?

- »→ Western Australian has Donkeys, Camels, Rabbits (down south), goats, foxes, feral cats, pigs and Buffalo (up north).
- »→ Northern Territory has Camels, Buffalo, Donkeys, feral cats and pigs.
- »→ Queensland has Pigs, Goats, foxes, rabbits, feral cats, camels and buffalo.
- »→ New South Wales has Pigs, Goats, foxes, rabbits, hares and feral cats.
- »→ Victoria has Rabbits, foxes, goats, pigs, hares and feral cats.
- »→ South Australia has Rabbits, hares, foxes, goats, pigs, feral cats and camels.
- »→ All States have species of deer but many require a hunting permit.
- »→ No bowhunting in Tasmania.

***Please remember these animals are on private property and in some cases are classed as stock. You will need to have permission to hunt or even to have access.***

## WHEN ARE BOWHUNTING PROFICIENCY COURSES HELD?

- »→ BPC courses are held when there is sufficient interest and are free of charge, except for the purchase of the National Bowhunting Education Manual (available at the clubhouse). You can register your interest via our Website.
- »→ Courses will be advertised on our website and Facebook.

## RANGE ETIQUETTE

- »→ Have Fun and be respectful to other members whilst they are shooting.
- »→ Do not talk while an archer is at the peg.
- »→ Do not allow children to run around whilst on the ranges.
- »→ Cubs and juniors must have an adult in front of the group at all times.
- »→ Do not touch another archer's equipment without their permission.
- »→ Pull arrows out only after they have been scored.
- »→ Please do not destroy the vegetation.

## BASIC SHOOTING RULES

- »→ Do not sky draw. Pull back on target only.
- »→ Your front foot must be touching the peg when shooting.
- »→ Do not step in front of the peg or yellow line before completion of shooting.
- »→ Red peg shoots first, then green, orange then yellow.
- »→ Arrow has to break the score line to be scored in the higher value.
- »→ In a 3-arrow round, it is the first scoring arrow that counts. You may shoot up to 3 arrows without penalty.
- »→ Bounce ins and skips do not score.
- »→ Range finders are not permitted in competitions, but can be used in practice.

## ARCHERY SUPPLIERS

*Grange Bowmen Inc provides this information as a guide only and in no way endorse or recommend any of the suppliers listed.*



# ABA Inc.

[www.bowhunters.org.au](http://www.bowhunters.org.au)

Ph: (07) 3256 3976



## BOWHUNTERS DOMAIN

[www.bowhuntersdomain.com.au](http://www.bowhuntersdomain.com.au)

Ph: 0420 216 090



## NORTHSIDE ARCHERY SUPPLIES

[www.northsidearcherysupplies.com.au](http://www.northsidearcherysupplies.com.au)

4 Buckby St, Strathpine

Ph: (07) 3205 1532



[www.archerybug.com.au](http://www.archerybug.com.au)

Sunshine Coast

Ph: 0499 599 088



[www.abbeyarchery.com.au](http://www.abbeyarchery.com.au)

4/32 Spine St, Sumner Park

Ph: (07) 3279 6400



[www.canga.com.au](http://www.canga.com.au)

Caloundra

Ph: 0432 607 826



[www.apexhunting.com.au](http://www.apexhunting.com.au)

2/178 Redland Bay Rd, Capalaba

Ph: 1300 883 770



[www.shop.archersbay.com](http://www.shop.archersbay.com)

42 Brisbane Rd, Dinmore

Ph: (07) 3282 2066

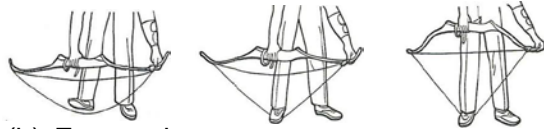
## **STRINGING THE BOW**

Stringing the bow (also known as bracing).



Always use a bow stringer for personal safety.

- (a) The string cannot slip off and damage face, eyes etc.



- (b) For the wellbeing of the bow, the limbs cannot be twisted or damaged.

1. Fit bow stringer to the bow
2. Step onto the bow stringer cord
3. Lift the bow by the handle against the resistance of your foot on the cord
4. Slide the top loop of the bow string along the limb until it is fitted into the string rooves of the bow thumb
5. Let the pressure off slowly, checking that both top and bottom loops are safely in their grooves
6. To unstring the bow, just reverse the procedure
7. If you are having difficulties, just ask!!



# **INTRODUCTION TO ARCHERY**

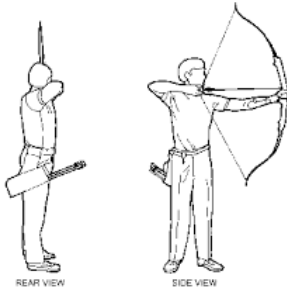


## **ARROWS**

Arrows can be made of wood, aluminium, fibreglass or carbon graphite. Always check that the arrows are straight, have no cracks or splits and the fletches and nocks are firmly fixed.

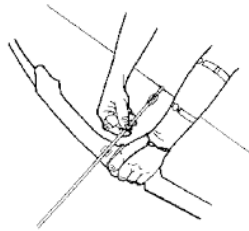
## FIRST STEP BASICS

1. The Archer stands with both feet on the shooting line and the shoulder of the bow arm pointing towards the target. Right hand archers will have the left shoulder towards the target. Left hand archers will have the right shoulder towards the target.



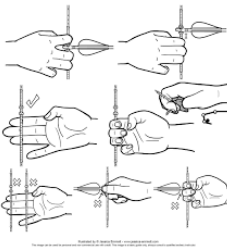
## NOCK THE ARROW

2. Now, nock the arrow onto the string. At the nocking point, sit the arrow on the arrow rest.



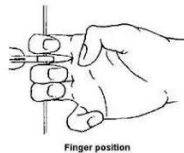
## BOW HAND

3. Place the bow hand into the grip of the bow. The hand is relaxed with fingers curled LIGHTLY around the grip (Do not grip tight)



See illustration on "Bow Hand"

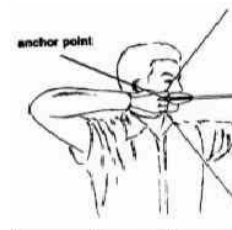
The fingers are placed on the string with the first finger above the arrow and the second and third finger 10mm under the nock. The little finger is still turned in and the thumb down



across the palm. Do not squeeze or pinch the nock.

## 4. THE ANCHOR POSITION

The anchor position remains the same with this new finger position, the hand at the side of the face with the first finger touching the corner of the mouth.



Now draw your bow string back until the first finger holding the string touches the corner of your mouth. The String should be in front of your eye for aiming

Now holding the bow steady at full draw, arm front slightly bent, and drawn hand at your anchor point ...aim at the target, hold the aim for 3-4 seconds and then...



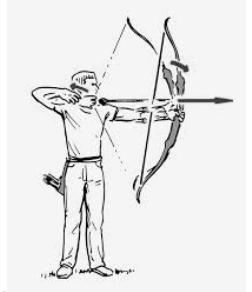
## 5. RELEASE

The release is made by relaxing the fingers and the hand of the drawing hand, when you are ready to shoot. The string will slide off the finger and the arrow will fly down to the target and hit its mark.



## 6. FOLLOW THROUGH

When the release is made, the archer should continue to aim at the target **(DO NOT LOOK FOR THE FLIGHT OF THE ARROW)**



Keep aiming at the target until the arrow hits. The hand will naturally move back in the opposite direction than that of the arrow.

**RELAX**....note where the arrow hit. Adjust if necessary and repeat all the steps again.