



gscb

Target Sports Programming Guide

Archery, Slingshot, and Hatchet activities can only be
facilitated by a certified facilitator or instructor.



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Archery

Preparation and Safety

Know Your Ratio

For specific details, reference the [Safety Activity Checkpoints](#).

Activity	Ratio	Levels Permitted
Archery	5:1	
	10:1	   
Slingshot	5:1	 
	10:1	   
Hatchet	2:1	  

Range Information

Camp Todd -

- Located near the zipline departure platform and high ropes course.
- Exterior Range can be utilized simultaneously as Slingshot. Simultaneous instruction will require additional instructors.
- Range has room for 3 targets - maximum 6 archers at a time.
- Range has a backstop net that is permanently mounted but needs pulled out/returned at the start and end of your facilitation.
- Left and right sides of range defined by the woods.

Camp Country Center -

- Located in Birch Run Meadow behind the STEM Lodge.
- Exterior range cannot be utilized simultaneously with slingshot due to shared range and targets.
- Range has a backstop net cable that is permanently mounted. Net needs to be removed from the shed and hung for your facilitation. Net cannot stay permanently hung due to the moisture levels in Birch Run Meadow.
- Left and right sides of the range to be defined by the instructor utilizing provided long, gold ropes.
- Do NOT enter the brush to the left and behind of the archery back stop to retrieve arrows. Area contains stinging nettle. Stinging nettle is a plant covered in small barbs containing formic acid that will sting for 30 minutes upon contact. If contact is made, wash affected area with soap and water, then apply a moistened cloth or ice pack. Stinging nettle plants are difficult to remove without damaging other fauna around and is an important food source for varieties of butterflies and other insects. The Program Team will retrieve all arrows from the stinging nettle area in the Fall/Winter.

Set Up

1. Unlock the equipment storage utilizing the code provided by GSCB. Weapons (bows and arrows) should always be locked up when there is not a facilitator on the range.
2. Review all equipment for safe operation. Re-string recurve bows where signs indicate. Move

any damaged equipment to the side and do not use.

3. Set up range per the description and diagram in the “Range Descriptions” section.
4. Remember - You can have the renter group assist you in set up and cleanup of supplies.
5. Arrange bows and arrows for easy assignment.

Range Rules

You will find a copy of the sign below located in the equipment storage that can be brought out to serve as a reminder to your group on the range rules.

A certified facilitator must be present during target sports operation.

Archery Range

Rules

1. A certified facilitator must be present during target sports operation.
2. Always walk on the range.
3. All weapons must always be pointed at the ground or down range.
4. All program activities must stop in the event of a lightning storm.
5. Always wear an arm guard when archer does not have shirt sleeves.



Whistle Commands

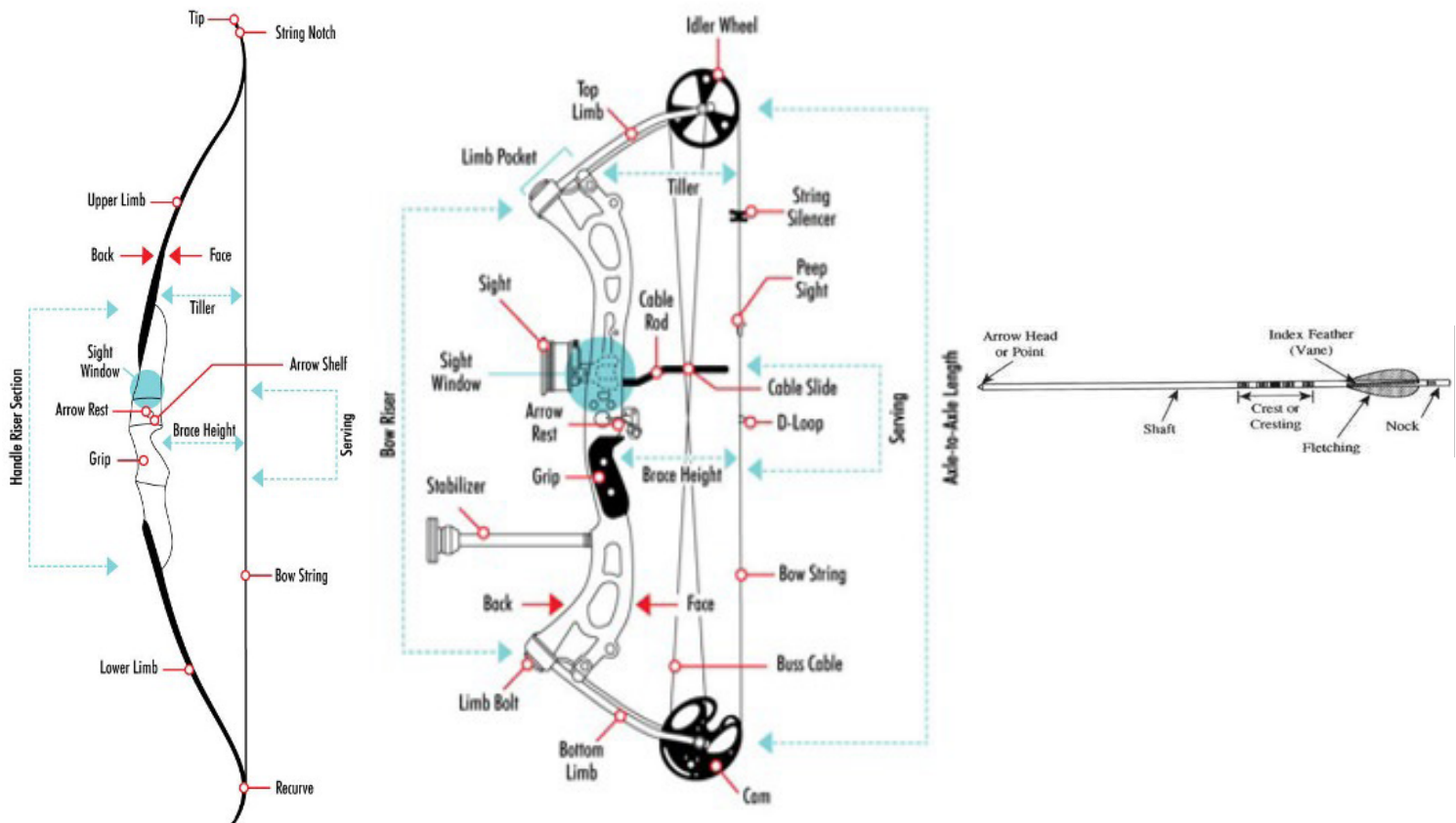
- 2 short blasts - Participants may approach the shooting line
- 1 short blast - Participants may shoot
- 3 short blasts - Participants may retrieve their arrows
- 5 short blasts or 1 long blast - Emergency, place all weapons on the ground and look to the facilitator for instructions



Equipment

- ❑ Large Compound Bows (Right and Left-Handed)
- ❑ Small Compound Bows (Right and Left-Handed)
- ❑ Large Recurve/Longbows (Dual-Handed)
- ❑ Small Recurve/Longbows (Dual-Handed)
- ❑ Arrows
- ❑ Targets
- ❑ Target Stands
- ❑ Quivers
- ❑ Arm Guards
- ❑ Finger Guards
- ❑ Red Latex Stretch Bands
- ❑ One Latex-free Stretch Band (Located in labeled zip bag with latex from slingshot. Only use when needed to maintain integrity of latex-free status.)
- ❑ 20' Range Line Ropes (Gold, for shooting line and waiting line, marked at 15' for instructors wishing for exact setup)
- ❑ 35' Range Line Ropes (Gold, to make the left and right sides of the range. Only needed and provided at Camp Country Center)
- ❑ Cart to transport equipment
- ❑ Range rule sign
- ❑ First Aid Kit (band aids, gauze, bandages, ice packs)
- ❑ AED located at:
 - Camp Todd - Program Center, Choptank Lodge, Lakeview Porch, Waterfront
 - Camp Country Center - STEM Lodge back office

Bow and Arrow Diagrams



Session Checklist

- ❑ Set up the range.
- ❑ Welcome the group and introduce yourself. Dependent on time and your group size, do a quick name game.
- ❑ Go over safety rules and whistle commands.
- ❑ Go over the types of equipment you will be using during the session.
- ❑ Break into groups of archers and
 - Determine:
 - » Left- and right-handed archers
 - * **Tip:** Be careful of providing directions to right- and left-handed archers. Use the phrases “bow arm” and “draw/arrow arm” in place of left and right.
 - » If there are any latex allergies
 - Provide:
 - » Finger tabs to all participants
 - » Arm guards for those in short sleeves
- ❑ Walk through the steps to shooting once everyone has the equipment they need.
 - Novice archers should stand on the shooting line and use the red stretch bands without arrows to practice.
 - Intermediate archers should stand on the shooting line and use bows, without arrows or with one single arrow each to warm up.
 - All archers should watch you perform the steps and demonstrate how to shoot.
- ❑ Shoot and retrieve arrows for as long as session duration allows. Check out the Activities section of the manual for engaging ideas. Give archers 3-6 arrows each.
- ❑ Clean up.
 - Recruit helpers.
 - Place all equipment back in its storage location. Un-string recurve bows where signs indicate.
 - Review all equipment for safe operation. Move any damaged equipment to the side.
 - Ask participants to complete facilitator Post Session Review using the QR code below.
 - Secure equipment with lock.



Programming

First Time Groups

With groups who are new(er) to archery, before using equipment, you may want to get them familiar with the stance and motions before they have their hands on bows.

- **Stretch Band Activity** - The stretch bands are a great way to teach many participants the steps to shooting without needing a lot of bows or concern for safety with shooting dry fire/arrows. Have all participants stand on the shooting line and practice their stance and shooting with a red stretch band. They are to grasp the red band in their bow hand and pull back on the band as if it is the string of the bow. They can fully draw and release with no risk for injury. The red bands are made of latex. If the instructor or participants have a latex allergy, hand them the sealed latex from bag before touching the latex bands.
- **Hand and Eye Dominance Check** - Everyone has a more dominant hand, and a more dominant eye, often these are not the same side. For younger archers it helps to ask “which hand to you write with or throw a ball with” instead of using the phrase dominant hand. Eye dominance is important as you advance in archery. For the best accuracy, archers should choose to shoot left or right-handed based on their eye dominance. Archers should draw the arrow back with the same hand as their dominant eye, allowing them to look directly down the arrow shaft to aim. As many participants are new to archery and it requires a lot of dexterity, they may find it more comfortable to shoot with their dominant hand even if it does not match their dominant eye.

Have each participant hold their hand up, and touch their pointer fingers together, and thumbs together to make a diamond. Hold your hands directly in front of your nose looking through the diamond. Find an item far off in the distance to look at. Keeping that item in the center of the diamond, with both eyes open, slowly push the diamond out till your arms are fully straight. Now without moving your hands, slowly close one eye and then the other. You will find for one eye (your dominant eye) the image won't change, and for the other eye (non-dominant eye) the image will shift to the side.

Steps to Shoot

1. **Stance** - Straddle the line and turn your feet 30° towards the target. Phrases like “Those that are right-handed with the bow in your left hand face the lake, those that are left handed face the road” and “now turn a little bit do your toes are facing the shed”.
2. **Nock Arrow** - Lift the arrow over your bow onto the side closest to you and lock the nock into the string. You will knock the arrow in between the two red string nock locators. Make sure your index feather is pointed out from the bow towards you. Tip: The arrow and index feather is close to you because “We love archery and keep it close to our heart”.
3. **Raise Bow** - Lift the bow and aim at the target.
4. **Draw and Anchor** - Using three fingers (tell our Girl Scouts “Make the Girl Scout Symbol) wrapped around the bow string with your first knuckle, just under the arrow, draw back. You will pull all the way back until your

GSCB Archery Steps to Shooting

1. Stance
2. Nock Arrow
3. Raise Bow
4. Draw and Anchor
5. Aim and Release



thumb can sit under your jaw or the corner of your mouth (which ever is more comfortable). Anchor your hand to your mouth, imagine it is attached with summer glue. Your elbow should pointed behind you and slightly down.

- The instruction of 2 vs 3 fingers AND 1 above rest below vs. all below has changed over the years due to dexterity considerations. GSCB understands this part of the instruction may vary between instructors, teaching from their experience.

5. **Aim and Release** - Looking down your arrow shaft aim at the target and release. When releasing your arrow your hands should not move. The bow should stay up in the air and the arrow hand stay against your face.
6. **Retrieve Your Arrows** - Have all archers retrieve their set number of arrows. When pulling arrows from a target, place one hand against the target to hold it in place and wrap your other hand around the arrow near the target. Twist and pull the arrow out. Carry the arrows back to your quiver with one hand wrapped around the tips and the other around the shaft.
 - GSCB asks that you do a good faith search for missing arrows but understands they do get lost on occasion. Look walking out and back from the targets, often times even though the arrows are bright colors they end up buried under grass and can only be seen at certain angles.
 - USA Archery teaches to hold the arrows in front of you just by the tip, but if you trip you could get hurt/impaled/stabbed by your own arrows.

Tips to Adjust Aim and What to Look For

- Check the participant's stance (feet, shoulders, elbow).
- Check that the participant's hand releases the arrow cleanly.
- If the participant is clustering but not hitting the center of the target, have them adjust accordingly. If they consistently hit in the bottom left corner when aiming for the middle, they should aim for the upper right corner. If they shoot the same way, they should hit center.

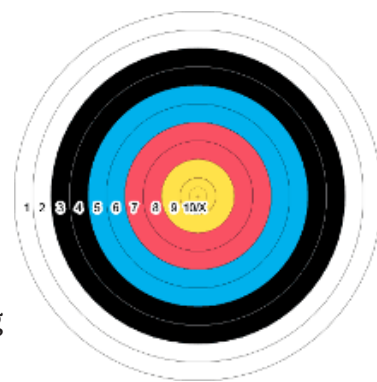
Challenges and Activities

- **Shooting for Points** - Once archers are comfortable you can begin shooting for scored points. Below are the formal points values but feel free to make it easier with a point per color. Be sure to explain the point system before starting the activity with your archers. If multiple archers are shooting at the target, provide archers with different colored arrows.
- **GSUSA Cadette Archery Badge** - Find out about archery, an exciting sport that takes strength, focus, good form, and practice.
 1. Get to know archery equipment.
 2. Learn about archery safety.
 3. Practice archery before you go on a range.
 4. Shoot on an archery range.
 5. Create an archery challenge.

When you've earned this badge, you'll know how to take aim outdoors with your archery skills.

- **Paint** - You can make a fun art project with archery. This could tie into the GSUSA Cadette Archery Badge or the GSUSA Outdoor Art badge series.

- Supplies: Balloons, Washable paint, Tape/clothes pins, Paper, Rags/Paper Towels, Water,



Marker

1. Use the back of the archery target and cover the archery targets with paper and secure with tape or sewing clothes pins. You should get very minimal paint on the archery target face as to not compromise the lifespan of the face. Have the archers sign their paper.
 2. Fill the balloons with roughly 1/4 cup of paint and blow air till mostly inflated. Tip: stretch the balloon wide around the mouth of the paint bottle to prevent paint from getting on the mouth of the balloon (and there for in your mouth).
 3. Carefully secure balloons onto target with tape or sewing clothes pins. Sewing clothes pins are easier to use.
 4. Have archers shoot arrows as they normally would, aiming for the balloons.
 5. Once ready to retrieve arrows, caution the participants to pull out all arrows first and lay them on the ground, THEN pull off the balloons disposing of the balloon and securing the sewing clothes pin.
 6. Clean the arrows off with the rags and water.
 7. Remove the paper from the targets and lay out on the grass to dry.
- **Blackjack** - You can turn a card game into an archery game! This game can be made easier by covering the entire face of the target in real playing cards or printing large half sheet cards, or more difficult with sparse placement of real playing cards.
 - Supplies: Playing cards (real or printed on paper), Tape/Sewing clothes pins
 - 1. Carefully secure playing cards onto target with tape or sewing clothes pins. Sewing clothes pins are easier to use.
 - 2. Explain how to play blackjack:
 - Archers are provided three arrows (or more if the facilitator allows when an archer misses a card)
 - Number cards are worth their showed value: 2, 3, 4, 5, 6, 7, 8, 9, 10
 - Face cards are worth: Jack, Queen and King = 10, Ace = Archer Choice of 1 or 11
 - Closest to 21 witout going over (21 is goal) wins
 - 3. Have archers shoot one at a time. as they normally would, aiming for the cards. You can have two archers shooting at the same target with different colored arrows. Bonus - If they strike a playing card, their opponent cannot use it.
 - **Horse** - You can practice your accuracy by playing Horse-archery style!
 1. Explain to the archers how HORSE works.
 - The goal is to not spell HORSE, or whichever word you choose.
 2. The first player makes a shot, and the next player must duplicate it. You can decide that they must be in the same small ring on the target, or just in the overall color.
 3. If any players duplicating the shot miss, they are assigned the first letter or next letter of the designated word.
 4. If a player makes the shot, the game continues with Player 1 leading the shot sequence again.
 5. If (or when) Player 1 misses a shot, Player 2 then leads the challenge with Player 1 duplicating the shot.
 6. The player who has spelled out the designated word is eliminated from the game.
 - **Tic-Tac-Toe** - As you have probably learned the trend – you can use traditional games with an archery twist to practice! Here is a simple, low material activity!
 - Supplies: Painting or masking tape
 - 1. Tape out a tic-tac-toe board on the target.
 - 2. Provide archers with two sets of colored arrows per target.

3. Have the two archers rock-paper-scissors to decide who goes first.
 4. Have the archers take turns shooting arrows until someone wins, or the board is full.
- *You can add a twist - If an opponent hits your square, it either is a loss of that turn or zeroes out the original arrow, or takes over the square.

After Your Session

Maintaining Equipment















- Bows -
 - ☐ Strings waxed
 - ☐ Red string nock locators have not come unraveled
- Recurve
 - ☐ String has no frays and loops properly. Strings that separate into strands when unstrung and pressure is removed is by design and OK.
 - ☐ No cracks in the faces/arms.
 - ☐ Recurve bows with a thinner string do not lock the arrows to the string. To make shooting archery easier with these bows, GSCB has installed a yellow/green nock string between the red string nock locators to thicken the string. On effected bows, arrows should be nocked between the red string locator nocking points on the green string. Future string placements will be with thicker strings to prevent this issue.
- Compound Bow
 - ☐ String mounted properly on wheel and cam.
 - ☐ Arrow rest still functional.
 - ☐ Space between the limbs/face and handle grip is OK. When decreasing the poundage strength of the bow, the limb bolt is loosened, making a gap. This is not a defect/damage/concern.
- Arrows
 - ☐ Shaft has no cracks
 - ☐ Tip is secure
 - ☐ Three feathers (whole or mostly attached)
 - ☐ Index feather of alternative color
 - ☐ Nock attached
- Other
 - ☐ Targets - face in mostly good shape, not tearing off
 - ☐ Stands - whole, may have indents from arrows, but wood is not cracked through
 - ☐ Arm and Finger Guards - not torn or moldy
 - ☐ First Aid Kit - located in equipment storage
 - ☐ Latex-free Stretch Band - properly stored in labeled bag with latex free slingshot, no contact with red latex stretch bands and yellow latex slingshots

Slingshot

Preparation and Safety

Know Your Ratio

For specific details, reference the [Safety Activity Checkpoints](#).

Activity	Ratio	Levels Permitted
Archery	5:1	
	10:1	   
Slingshot	5:1	 
	10:1	   
Hatchet	2:1	  

Range Information

Camp Todd -

- Located near the zipline departure platform and high ropes course.
- Exterior Range can be utilized simultaneously as archery. Simultaneous instruction will required additional instructors.
- Targets are metal items mounted on pallets.
- The range has room for maximum 3 slingers at a time.

Camp Country Center -

- Located in Birch Run Meadow behind the STEM Lodge.
- Exterior range cannot be utilized simultaneously with archery due to shared range and targets.
- Targets are the archery targets.
- The range has room for 3 targets, maximum 6 slingers at a time.
- Do NOT enter the brush to the left and behind of the range back stop to retrieve any items. Area contains stinging nettle. Stinging nettle is a plant covered in small barbs containing formic acid that will sting for 30 minutes upon contact. If contact is made, wash affiliated area with soap and water, then apply a moistened cloth or ice pack. Stinging nettle plants are difficult to remove without damaging other fauna around and is an important food source for varieties of butterflies and other insects. The Program Team will retrieve all items from the stinging nettle area in the Fall/Winter.

Set Up

1. Unlock the equipment storage utilizing the code provided by GSCB. Weapons (slingshots) should always be locked up when there is not a facilitator on the range.
2. Review all equipment for safe operation. Move any damaged equipment to the side and do not use.

Range Rules

You will find the below sign located in the equipment storage, that can be brought out to serve as a constant reminder to your group on the range rules.

A certified facilitator must be present during target sports operation.

Slingshot Range

Rules

1. A certified facilitator must be present during target sports operation.
2. Always walk on the range.
3. All weapons must always be pointed at the ground or down range.
4. All program activities must stop in the event of a lightning storm.
5. Safety glasses must be worn on the range.



Whistle Commands

- 2 short blasts - Participants may approach the shooting line
- 1 short blast - Participants may shoot
- 5 short blasts or 1 long blast - Emergency, place all weapons on the ground and look to the facilitator for instructions



Equipment

- ❑ Slingshots (Daisy B52s)
- ❑ One Latex-free Slingshot (located in labeled zip bag, only utilize when needed to maintain integrity of latex-free status)
- ❑ Safety glasses
- ❑ Targets
- ❑ Ammo (provided by renter group)
- ❑ Bowls to hold ammo
- ❑ Range rule sign
- ❑ First Aid Kit (band aids, gauze, bandages, ice packs)
- ❑ AED located at:
 - Camp Todd - Program Center, Choptank Lodge, Lakeview Porch, Waterfront
 - Camp Country Center - STEM Lodge back office

Slingshot Diagram



Ammo Options

Renter groups are responsible for providing their own ammo, as it is a consumable item.

- Dog kibble
- Dried garbanzo beans
- Clay balls (3/8 inch)
- Paint balls (.43 caliber to .71 caliber AKA 17mm to 18mm)
- Small rocks
- Acorns

GSCB recommends decomposing clay balls for minimal environmental and wildlife impact. However, dog kibble or dried garbanzo beans are the next safest options.

Session Checklist

- ☐ Set up the range.
- ☐ Welcome the group and introduce yourself. Dependent on time and your group size, do a quick name game.
- ☐ Go over safety rules and whistle commands.
- ☐ Go over the types of equipment you will be using during the session.
- ☐ Break into groups of archers and
 - Determine:
 - » Left- and right-handed archers
 - * Tip: Be careful of providing directions to right- and left-handed archers. Use the phrases “bow arm” and “draw/arrow arm” in place of left and right.
 - » If there are any latex allergies
 - Provide:
 - » Safety glasses
 - » Slingshots
 - » Ammo in bowls (provided with equipment by GSCB)
- ☐ Walk through the steps to shooting once everyone has the equipment they need.
 - Have the slingers set up to launch. They should stand with their slingshot arm facing towards the target. Try to use the phrases “slingshot hand” and “ammo hand” to prevent confusion.
 - Have the slingers hold the slingshot in their dominant hand and pull back the ammo pouch with their non-dominant hand. Slingers are welcome to switch hands multiple times and determine which hand feels more comfortable.
 - Have the slingers pick up ammo, and using their non-dominant hand, grasp the ammo in the ammo pocket as shown. Pocket is pinched from the outside with the side of your pointer finger and the tip of your thumb.
 - Pull the pocket directly back and release to fire.
 - *Tip: Show the slingers that they want to pull the pouch directly back. They do not want to pull back and to the right/left/up/down. Our slingshots are designed to fire straight.
- ☐ Do not attempt to retrieve ammo that has been fired.
- ☐ Clean up.
 - Recruit helpers.
 - Place all equipment back in its storage location.
 - Review all equipment for safe operation. Move any damaged equipment to the side.
 - Secure equipment with lock.

Programming

First Time Groups

With groups who are new(er) to slingshot, before using equipment, you may want to get them familiar with the stance and motions before they have their hands on slingshots.

- **Hand and Eye Dominance Check** - Everyone has a more dominant hand, and a more dominant eye, often these are not the same side. For younger archers it helps to ask “which hand to you write with or throw a ball with” instead of using the phrase dominant hand. Eye dominance is important as you advance in target sports. For the best accuracy, slingers should choose to fire left or right-handed based on their eye dominance. Slingers should draw the ammo pouch back with the same hand as their dominant eye, allowing them to look directly down the ammo pouch shaft to aim. As many participants are new to slingshot and it requires a lot of dexterity, they may find it more comfortable to sling with their dominant hand even if it does not match their dominant eye, but they are welcome to experiment with how both feel.

Have each participant hold their hand up, and touch their pointer fingers together, and thumbs together to make a diamond. Hold your hands directly in front of your nose looking through the diamond. Find an item far off in the distance to look at. Keeping that item in the center of the diamond, with both eyes open, slowly push the diamond out till your arms are fully straight. Now without moving your hands, slowly close one eye and then the other. You will find for one eye (your dominant eye) the image won't change, and for the other eye (non-dominant eye) the image will shift to the side.

Tips to Adjust Aim and What to Look For

- Check the participant's stance (feet, shoulders, elbow)
- Check that the participant's hand releases the ammo cleanly
- If the participant is flinging ammo in different directions than the target, check that they are pulling back straight from the pouch and not to the left/right/up/down.
- If the participant is clustering but not hitting the center of the target, have them adjust accordingly. If they consistently hit in the bottom left corner when aiming for the middle, they should aim for the upper right corner. If they shoot the same way, they should hit center.

Challenges and Activities

- **Angry Birds** - The super popular game Angry Birds is based on slingshots. With a few supplies, you can bring the game to life.
Supplies: Printed pictures of pigs, tape
 1. Tape your pictures of pigs to the targets.
 2. Have the participants fire slingshots as they normally would, aiming for the pigs. Ammo will mark or rip through paper pigs.
 3. Tally the points earned by the number of pigs the group was able to hit.
- **Paint Scoring** - You can make an art project with slingshots. This could tie into the GSUSA Cadette Archery Badge or the GSUSA Outdoor Art Badge series.
Supplies: Paintballs, printed scoring signage
 1. Tape your score signage on various targets.
 2. Provide the participants with different colored paintballs to utilize as ammo.
 3. Have the participants fire slingshots as they normally would.
 4. Have the participants tally their scores at the end of each round.

After Your Session

Maintaining Equipment















- Slingshots
 - ❑ No tears in latex.
 - ❑ No mildew or mold on the leather pouch.
 - ❑ Latex-free slingshot properly stored in labeled bag with latex-free stretch band, no contact with red latex stretch bands and yellow latex slingshots.
- Targets
 - ❑ Not broken or falling off target area

Hatchet

Preparation and Safety

Know Your Ratio

For specific details, reference the [Safety Activity Checkpoints](#).

Activity	Ratio	Levels Permitted
Archery	5:1	
	10:1	   
Slingshot	5:1	 
	10:1	   
Hatchet	2:1	  

Set Up

1. Locate the equipment stored in the unit house (lock box and water sprayer). Weapons (hatchets and throwing knives) should always be locked up when there is not a facilitator on the range.
2. Check that there is water in the water sprayer. You can refill water at the shower house or program center.
3. Spray the tree cookies with water to soften the wood.
4. Review all equipment for safe operation. Move any damaged equipment to the side and do not use.
5. Hang up spectator wires.

Range Rules

You will find the below sign located in the equipment storage. It can be brought out to serve as a constant reminder to your group of the range rules.
A certified facilitator must be present during target sports operation.

Hatchet/Knife Throwing Range

Rules

1. A certified facilitator must be present during target sports operation.
2. Always walk on the range.
3. All weapons must always be pointed at the ground or down range.
4. All program activities must stop in the event of a lightning storm.



Whistle Commands

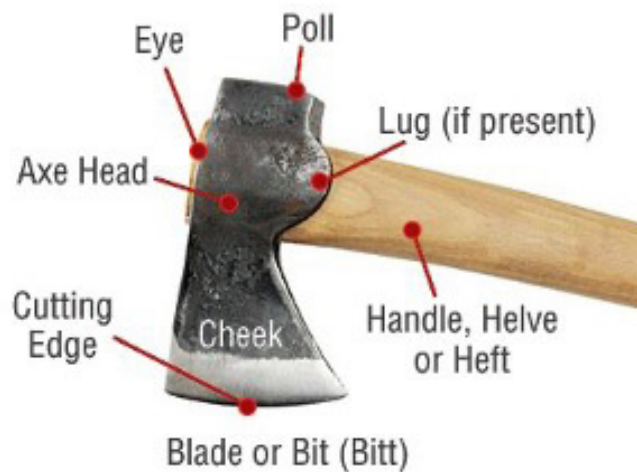
- 2 short blasts - Participants may approach the throwing line
- 1 short blast - Participants may throw their hatchets/knives
- 3 short blasts - Participants may retrieve their hatchets/knives
- 5 short blasts or 1 long blast - Emergency, place all weapons on the ground and look to the facilitator for instructions



Equipment

- ☐ 2 Tree Cookie Targets (mounted on range wall)
- ☐ 6 wooden handled hatchets
- ☐ 6 metal throwing knives
- ☐ Lock box to contain weapons
- ☐ Water sprayer
- ☐ Range rule sign
- ☐ First Aid Kit (band aids, gauze, bandages, ice packs)
- ☐ AED located at:
 - Camp Todd - Program Center, Choptank Lodge, Lakeview Porch, Waterfront
 - Camp Country Center - STEM Lodge back office

Hatchet Diagram



Session Checklist

- ☐ Set up the range.
- ☐ Welcome the group and introduce yourself. Depending on time and group size, do a quick name game.
- ☐ Go over safety rules and whistle commands.
- ☐ Go over the types of equipment you will be using during the lesson.
- ☐ Break up into pairs of throwers.
 - *Be mindful of dominant arms.
- ☐ Walk through the steps to throwing:
 1. Have the throwers go through the motion of throwing a hatchet without one in hand.
 2. Stance: stand with your toes on the throwing line.
 3. Aim: Keep eyes on the target.
 4. Ready: Lift the weapon with your dominant hand, over your shoulder, and throw forward (like a softball or baseball), releasing when your arm crosses your hairline.
- ☐ Throw all hatchets or throwing knives.
- ☐ Instruct throwers to receive their weapons. You may need to cross the spectator line to retrieve any weapons that bounced off-course.
- ☐ Clean Up
 - Recruit helpers.
 - Place all equipment back in its storage location.
 - Review all equipment for safe operation. Move any damaged equipment to the side, and do not use.
 - Secure equipment with a lock.

Programming

First Time Groups

With groups who are new(er) to hatchets, before using equipment, you may want to get them familiar with the stance and motions before they have their hands on equipment.

- **Hand and Eye Dominance Check** - Everyone has a more dominant hand, and a more dominant eye, often these are not the same side. For younger archers it helps to ask “which hand to you write with or throw a ball with” instead of using the phrase dominant hand. Eye dominance is important as you advance in target sports. For the best accuracy, throwers should choose to fire left or right-handed based on their eye dominance. Throwers should draw the weapon back with the same hand as their dominant eye, allowing them to look directly to aim. As many participants are new to hatchet and it requires a lot of dexterity, they may find it more comfortable to throw with their dominant hand even if it does not match their dominant eye, but they are welcome to experiment with how both feel. Have each participant hold their hand up, and touch their pointer fingers together, and thumbs together to make a diamond. Hold your hands directly in front of your nose looking through the diamond. Find an item far off in the distance to look at. Keeping that item in the center of the diamond, with both eyes open, slowly push the diamond out till your arms are fully straight. Now without moving your hands, slowly close one eye and then the other. You will find for one eye (your dominant eye) the image won't change, and for the other eye (non-dominant eye) the image will shift to the side.

Tips to Adjust Aim and What to Look For

- Check the participant's stance (feet, shoulders, elbow)
- Check that the participant's hand releases the weapon cleanly
- If the participant is throwing in different directions than the target, check that they are throwing straight ahead and not to the left/right/up/down.
- If the participant is clustering but not hitting the center of the target, have them adjust accordingly. If they consistently hit in the bottom left corner when aiming for the middle, they should aim for the upper right corner. If they throw the same way, they should hit center.

Challenges and Activities

- **Blackjack** - You can turn a card game into a hatchet game. This game can be made easier by covering the entire face of the target in real playing cards or printing large, half-sheet cards. It can be made more difficult with sparse placement of real playing cards.
Supplies: Playing cards (real or printed on paper), tape/sewing clothes pins
 1. Carefully secure playing cards onto target with tape or sewing clothes pins. Sewing clothes pins are easier to use.
 2. Explain how to play blackjack:
 - Throwers are provided three axes or knives.
 - Number cards are worth their showed value: 2, 3, 4, 5, 6, 7, 8, 9, 10
 - Face cards are worth: Jack, Queen and King = 10, Ace = choice of 1 or 11
 - Closest to 21 without going over (21 is the goal) wins!
 3. Have throwers throw one at a time, as they normally would, aiming for the cards. You can have two throwers shooting at the same target.
- **Cricket** - Cricket can be played either 1 v 1 or in teams. The goal is to hit each area on the target 3 times, and the first team to do so wins.
Typically, the areas you need to hit are “0”, “1”, “3” and “bullseye”. Every time you hit one of

those areas, your team gets a mark next to the corresponding value on the scoreboard. Once you have 3 marks next to a value, that area of the target will no longer count for anything if you hit it again.

If you want a shorter version, you can take away the “0” from the predetermined areas needed to hit. Or you can add a challenge by adding in the “clutch”.

After Your Session

Maintaining Equipment

- Hatchets and throwing knives
 - Axe head and handle are not loose
 - Blades are sharp (able to hit and stay in targets)
 - No chips in knife blades
- Tree cookies/Targets
 - Not broken or split

Reporting Issues for All Target Sports

To report any damaged or defective equipment, email MemberCare@cbgsc.org. A preferred subject line is “Facilitator Equipment Report”.

Incident Report for All Target Sports

In the unfortunate event of an incident, it must be reported to GSCB using the [GSCB Incident Report Form](#).

Scan the QR code to access the form.

All incidents must be reported to GSCB within 48 hours.

