



TOURNAMENTS PROCEDURES

Procedures number	Pol-03	Version	1.0
Drafted by	ARCHERY SA	Approved by ED on	13 July, 2017
Responsible person	Sue Martin	Scheduled review date	1 February, 2018

RESPONSIBILITIES

It is the responsibility of the Tournament & Equipment Committee to review these procedures annually.

PROCEDURES

1. TOURNAMENTS

1.1 AFFILIATION CARDS

Competing archers should carry proof of affiliation at ARCHERY SA tournaments and must sign in at each event.

1.2 AUSTRALIA DAY FIELD TOURNAMENT

Comprises:

Freestyle: Veteran, Master, Open age, 20&Under *24t World Archery Field round (red pegs)*

Target Crossbow

Freestyle: Cadet, Intermediate *24t World Archery Field round (blue pegs)*

Barebow: Veteran, Master, Open age, 20&Under

Barebow: Cadet, Intermediate *24t World Archery Field round (yellow pegs)*

Longbow

Cub *24t World Archery Field round (yellow pegs)*

Awards:

The Australia Day Field is shot as a parallel shoot from the 'Open Peg' in divisions to be considered as Open for the Australia Day Medallions. (This includes 20&Under through to VeteranPlus)

ARCHERY SA medals for Youth Divisions and all placegetters (refer 1.20).

1.3 DRESS CODE

Dress code for ARCHERY SA tournaments shall be

- a. all whites
- b. Club, State, National uniform
- c. neat casual dress, which is defined as:
 - * a shirt with a collar
 - * skirts, slacks or shorts (shorts to conform to the World Archery rules regarding the inside leg measurement)
 - * archery related merchandise(Note: Singlets, tank tops or open footwear are not acceptable.)
- d. field events only: the wearing of trousers/skirt and footwear to suit the terrain is recommended. Camouflage ("Camo") clothing is not permitted.

An archer not conforming to this Policy may be denied permission to shoot or have his or her score disallowed, at the discretion of the Tournament Director or his or her designated representative, in consultation with the Director of Shooting.

1.4 ENTRIES

1. Where Youth divisions and open age divisions of any event are shot at different times they shall be considered as one event. Archers who are eligible for more than one section must nominate in which section they wish to compete at the time of lodging their entry.
2. Entry to State tournaments (except the Lord Mayor's Teams Shoot) shall be by individual entry.
3. Entry to tournaments is restricted to members of organisations aligned with the Archery Alliance of Australia.
4. Archers who are not affiliated with ARCHERY SA are not eligible for State Championships awards; for non-ARCHERY SA athletes, who have placed in an ARCHERY SA Championship event in 1st, 2nd or 3rd position an award, as determined from time to time, shall be presented.

1.5 ENTRY FEES

Entry fees shall be as determined from time to time by ARCHERY SA and published on the ARCHERY SA website.

Refund of ARCHERY SA tournament entry fees may only be made with the approval of a meeting of ARCHERY SA and any application for a refund shall be put in writing by the archer concerned.

If an event is cancelled, entry fees will be held in trust for entry into the next appropriate event, unless the individual makes a written request to ARCHERY SA for a refund.

1.6 EVENTS

All ARCHERY SA tournaments may be confined to single day events.

1.7 World Archery Events

During World Archery events, the lunch break should be no more than 45 minutes.

1.8 LORD MAYOR'S TEAMS SHOOT

There shall be a 1st Division for (freestyle) Compound and Recurve, and a 2nd Division for (freestyle) Compound and Recurve. "Open" Divisions will apply for Barebow Compound, Barebow Recurve, Target Crossbow and Longbow.

A team shall comprise three archers from the same Club of any age and gender and all scores count.

The average rating of a nominated 2nd Division team shall not exceed 65 for Recurve Teams and 75 for Compound Teams.

Team members' individual ratings shall be based on their target/field rating as at the close of entries.

If an archer has recently changed bow type and does not have a rating with the new bow type, their rating as applied to the previous bow type shall be used for the purposes of the calculation of the team's average rating.

There shall be separate trophies and pennants (1st Division Compound, 1st Division Recurve, Barebow Compound, Barebow Recurve, Target Crossbow and Longbow) and pennants for 2nd Division teams and medallions for each member of winning teams. Barebow Compound and Barebow Recurve archers may be members of Compound and Recurve teams, respectively.

The entry fee for a team shall be as determined by ARCHERY SA from time to time.

Members of each team shall shoot on the same target and may assist each other verbally whether they are on the shooting line or not.

The field shall be arranged so that teams are grouped by Division and Bow Type and Divisions separated by a single lane.

Scoring shall show a progressive team total.

A member of a team on any adjacent target must assist in the scoring process.

Progressive team totals may be displayed at the base of each target after each end.

A Club entry for the tournament need only nominate teams by Division and number only.

Final entries shall be presented on the day of the tournament prior to the commencement of the event, naming the team members and, for 2nd Division teams, the individual rating for each team member and the average for the team.

Entry fees will not be refunded to teams failing to compete.

The round shall be a Southern Cross (90 arrows @ 55 metres).

1.9 MAX MANUEL MEMORIAL World Archery STAR

Comprises:

	Compound & Recurve (Freestyle)	Compound & Recurve (Barebow)	Longbow	Target Crossbow	Sporting Crossbow
Veteran Men	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Veteran Women	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960

	Compound & Recurve (Freestyle)	Compound & Recurve (Barebow)	Longbow	Target Crossbow	Sporting Crossbow
Master Men	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Master Women	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Men	World Archery 90/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Women	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
20&Under Men	World Archery 90/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
20&Under Women	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Cadet Men	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Cadet Women	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Intermediates	Intermediate	Intermediate	Intermediate		
Cubs	Horsham	Horsham	Horsham		

(Note: divisions and classes are as per the Rules of Archery Australia)

Awards:

The Max Manuel Memorial Trophy shall be awarded to the highest World Archery score in Recurve and Compound Divisions and highest TC900 score in the Target Crossbow Divisions

ARCHERY SA medals shall be awarded to all placegetters (see 1.21).

1.10 deleted 11/4/2013

1.11 PRACTICE AT TOURNAMENTS

See 3.16

1.12 RECORDS

Archers shooting outside of their age division may claim any age group record for which they are eligible.

1.13 RESULTS

1. The results for State Tournaments will be published online as provisional results, subject to ratification and appeals, and declared as final after scoresheets have been checked by the Tournament Director
2. Result lists of all ARCHERY SA events shall be issued to the ARCHERY SA Recorder, ARCHERY SA Tournament Director, ARCHERY SA Secretary and copied to each affiliated Club.

1.14 STATE CHAMPIONSHIPS

TARGET

Comprises:

	Compound & Recurve (Freestyle)	Compound & Recurve (Barebow)	Longbow	Target Crossbow	Sporting Crossbow
Veteran Men	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Veteran Women	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Master Men	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Master Women	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Men	World Archery 90/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Women	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
20&Under Men	World Archery 90/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
20&Under Women	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Cadet Men	World Archery 70/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Cadet Women	World Archery 60/1440	World Archery 60/1440	World Archery 60/1440	AUS960	AUS960
Intermediates	Intermediate	Intermediate	Intermediate		
Cubs	Horsham	Horsham	Horsham		

(Note: divisions and classes are as per the Rules of Archery Australia)

Monaco Team Event:

Prenominated teams of 3 archers using Recurve tackle and shooting one of the open World Archery rounds.

Compound Team Event:

Prenominated teams of 3 archers using Compound tackle and shooting one of the open World Archery rounds.

Awards:

- State Championships awards to placegetters (see 1.20)
- Monaco Team Trophy to winning Club Recurve equipment team
- Compound team trophy to winning Club Compound equipment team
- All winning teams' members to receive a small medallion on a stand.

FIELD

Comprises:

Freestyle: Veteran, Master, Open age, 20&Under *24t World Archery Field round (red pegs)*

Target Crossbow

<i>Freestyle: Cadet, Intermediate</i>	<i>24t World Archery Field round (blue pegs)</i>
<i>Barebow: Veteran, Master, Open age, 20&Under</i>	
<i>Barebow: Cadet, Intermediate</i>	<i>24t World Archery Field round (yellow pegs)</i>
<i>Longbow</i>	
<i>Cub</i>	<i>24t World Archery Field round (yellow pegs)</i>

Awards:

State Championships awards to placegetters (see 1.20)

CLOUT

Comprises 2 x Single Clout rounds(10 ring scoring):

180m: Target Crossbow: Men, Women, Junior Boys & Girls, Cadet Boys & Girls

For distances for all other divisions, refer Archery Australia Rules: Schedule 4 A.3

Awards:

Senior Clout Team Any 3 Senior Archers

Youth Clout Team Any 3 Youth Archers

State Championships awards to Placegetters (see 1.20)

INDOOR

Comprises:

2 x World Archery 18m Indoor Rounds or the rounds to be shot at the National Indoor Archery Championships

Awards:

State Championships awards to placegetters (see 1.20)

STATE CHAMPIONSHIPS - GENERAL

The State Championships shall comprise target, field, clout and indoor events.

There shall be a “Best All Round” Award in each division.

The Best All Round Awards shall be determined based on the results of any three of the State Championships events. (Points awarded based on positions gained – 100 points for 1st place, 99 points for 2nd, etc)

State Championships events are to be held in the second half of each year (not including December), in order to take advantage of cooler weather and to avoid potential problems with fire restrictions.

Perpetual trophies shall only be awarded in State Championships for Best All Round & Team Events.

The ARCHERY SA State Presentation Event shall be held after the conclusion of the last State Championships event.

1.15 SHOOTING AWARDS

A charge shall be made for 6 gold badges and perfect badges. World Archery Awards will be provided at no charge at all ARCHERY SA events.

1.16 TOURNAMENTS

1. Timing for ARCHERY SA tournaments: Refer Archery Australia rules
2. Should an ARCHERY SA tournament be hosted by a Club, the responsibility for all practice and safety prior to or after the event rests, in the first instance, with the Club concerned.

1.17 TYRO ARCHER

An archer may enter one Tyro Tournament within the first eighteen (18) months of being an affiliate of Archery Australia for the first time.

1.18 TYRO TOURNAMENT

Comprises:

Short Canberra - Open, 20 & Under, Cadets (Open includes Masters/Veterans)

Junior Canberra – Intermediates

Newcastle – Cubs

Awards:

Trophy for 1st place in each section and ARCHERY SA medals to minor placegetters (see 1.20).

1.19 AJ BARTER VETERANS' TOURNAMENT

Masters and Veterans shall be eligible to enter.

Short Canberra round – final results shall be determined by archers' handicaps based on their target/field Club rating as at the close of entries in the following categories:

- male recurve (includes barebow recurve & longbow)
- male compound (includes barebow compound, bowhunter & Target Crossbow)
- female recurve (includes barebow recurve & longbow)
- female compound (includes barebow compound, bowhunter & Target Crossbow)

Awards:

Trophy for 1st place and ARCHERY SA medals for the minor placegetters (see 1.20) in each of the four categories. The results will also display the off-the-bow standings based on the various standard categories, for interest and so that records (if any) can be acknowledged; no prizes/medals shall attach.

1.20 PLACEGETTERS

1.20.1 The following shall be the minimum requirements for place awards for Cub and Intermediate Classes:

- Awards to First, Second and Third places, irrespective of the number of competitors.

1.20.2 The following shall be the minimum requirements for place awards for all other Classes:

- One competitor - First place
- Two competitors - First place
- Three competitors - First and second places
- Four or more competitors - First, second and third places.

1.21 CANCELLATION OR ABANDONMENT OF TOURNAMENTS

1.21.1 In the event of any ARCHERY SA tournament being abandoned part way through, a result may only be declared if at least half the number of scoring ends has been completed. For a field or 3-D tournament, a result can only be declared if all competitors have shot the same targets over at least half of the course.

1.21.2 Should any ARCHERY SA event be postponed, prior to commencement, or abandoned before enough scoring ends or targets have been completed to declare a result, every effort will be made to re-schedule the event within the **calendar year** that it was scheduled. Should it prove impossible to re-schedule for any reason whatsoever, the event will be considered to have been cancelled.

1.22 HOT WEATHER

The health and comfort of all members is of primary concern to ARCHERY SA.

Where possible ARCHERY SA will actively encourage all members to:

- Abide by the ARCHERY SA Policy on dress code (see ARCHERY SA policy 3.3 Dress Code)
- Wear hats with a brim or legionnaire style when participating, as peaked caps do not provide adequate skin protection
- Routinely use a broad spectrum, water resistant SPF 30+ sunscreen (Clubs are encouraged to provide this for members' use)
- Make maximum use of shade facilities
- Consider the reasons for and appropriateness of any rules that prevent the implementation of sun protection strategies

Other measures

Individuals will also be encouraged to provide their own shade structures to events; sun safety messages will be provided via public address systems as appropriate, including advising athletes, parents and volunteers about sun protection measures and encouraging everyone to use them

This policy will be reviewed annually to ensure that the document remains current.

FLUID LOSS AND ELEVATION OF BODY TEMPERATURE CAN LEAD TO: DEHYDRATION

– HEAT EXHAUSTION – HEAT STROKE

ARCHERY South Australia

RECOMMENDED HOT WEATHER GUIDELINES

EXERCISE AND HYDRATION IN EXTREME TEMPERATURES

(These guidelines may vary between events and should be adapted to suit local conditions and requirements)

1. GENERAL

- 1.1 Children, adolescents and adults are covered simultaneously by these guidelines.
- 1.2 It is recommended that greater care be taken of athletes who are not fit, who are overweight, or are athletes with a disability, when competing in high temperatures.

2. EDUCATION

- 2.1 All athletes and volunteers should be educated on the importance of sun safety and how to be sun smart. This should ideally be conducted at the beginning of the hot weather season; however, if this is untimely then it should be conducted at a more appropriate time.

3. ATTIRE

- 3.1 All athletes should be wearing sun safe attire at competition days and whilst exposed to the sun. Hats or caps should also be worn.
- 3.2 All officials and volunteers must be seen setting a sun smart example and wear appropriate sunglasses.

4. SUNSCREEN

- 4.1 The provision of sunscreen by Clubs should be encouraged as well as at State events. In doing so we are ensuring that it is as convenient as possible for athletes, staff, officials and volunteers to use.
- 4.2 The sunscreen provided must be of the highest quality and meet all Australian standards.

5. SHADE

- 5.1 Shade is encouraged where participants, officials and volunteers will be waiting for long periods of time unprotected from the sun.

6. PUBLIC ANNOUNCEMENTS

- 6.1 It is recommended that during competition, public announcements be regularly made reminding those at events to keep drinking water, apply sunscreen and remain in the shade wherever possible. This will not only help to keep fluid intake and sun safety high, but also ensure that ARCHERY SA is discharging its duty of care to its members.

7. FLUIDS

- 7.1 It is recommended that athletes, officials and volunteers drink approximately 500 ml (2 glasses) in the 2 hours prior to exercise; during exercise longer than 60 minutes, 2-3 cups (500-700ml) of cool water or sports drink are usually sufficient; after exercise replenish fluid deficit to ensure that fully rehydration, but not over-hydration.
- 7.2 Archers can stave off dehydration during 3 hours of exercise in 35°C heat if enough fluid is consumed.

- 7.3 Fluid should begin to be consumed at least 2 hours before shooting to promote adequate hydration and allow time for excretion of excess water.
- 7.4 It is recommended there should be a number of water stations in and around the competition field. The water supplied should be cooler than the ambient temperature, as this will aid in the cooling process.

These measures will delay the onset of exercise induced exhaustion and hence aid in the prevention of heat stroke.

8. POSTPONEMENT/CANCELLATION

8.1 If at 6.00 pm the day prior, the maximum temperature forecast by the Bureau of Meteorology for the day of the event, is 38°C or more (having regard to the location of the venue, for the nearest town as listed in the BoM Forecast Summary for South Australian Towns at <http://www.bom.gov.au/sa/forecasts/towns.shtml>), the event shall be cancelled or, at the absolute discretion of the Tournament Director, rescheduled.

8.2 If the Fire Danger Rating for the Fire Ban District in which the event is to be held is forecast as EXTREME or CATASTROPHIC for the day of the event, the event shall be postponed and (subject to venue availability) rescheduled by the Tournament Director

("Event" includes tournaments, QREs, State Ranking Events or other events which may be held by or under the auspices of ARCHERY SA, including those hosted by Clubs.)

8.3 Each event venue shall have the necessary equipment to record ambient temperatures throughout the competition

8.4 On the day of the event the ambient temperature shall be recorded at 15-minute intervals at the same location

8.5 If the temperature is over 38°C for two consecutive measurements, shooting shall be halted until the temperature falls below 38°C

8.6 If a QRE and/or Ranking Shoot (not being a tournament) is started and unable to be completed, the event will not be re-scheduled and scores shall only be recorded for those archers who have completed half of the event. For field events, those archers are required to have shot the same targets (e.g. 12 targets (or more) of a 24 target event or 14 (or more) of a 28 target event).

ADDENDUM to Hot Weather Policy & Guidelines

WHAT IS HEAT INJURY?

Heat injury may present itself in varied forms, including cramps, heat exhaustion and heat stroke.

DEHYDRATION

Fluid loss occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. (Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

HEAT EXHAUSTION

If an athlete or volunteer is exhibiting signs of heat stress or heat exhaustion Officials should:

- Stop the athlete from further competition;
- Remove the person from the field and lay him/her down in a cool place and administer fluids;
- If the person is confused or unable to drink water seek medical help immediately.

Dehydration can lead to Heat Exhaustion.

Symptoms of heat exhaustion may include

- Athletes will pass little urine, which will be highly concentrated
- Cramps may be associated with dehydration
- High heart rate
- Dizziness
- Headache
- Loss of endurance/skill
- Confusion
- Nausea
- The skin may still be cool/sweating, but there will be signs of developing vasoconstriction (e.g. grey/ashen colour)

HEAT STROKE

Severe dehydration may lead to heat stroke, which is **potentially fatal and must be treated immediately by a medical practitioner**. Athletes who keep participating when suffering from heat exhaustion may experience heat stroke. **Heat stroke can still occur even if the athlete has been drinking plenty of fluid. It is important to cool the athlete as quickly as possible.**

Heat stroke symptoms include:

- dry skin
- confusion
- collapse

Sports Medicine Australia (SA Branch) recommends athletes drink:

- at least 500mls (2-3 glasses) ½ to 1 hour prior to exercise
- at least 200mls (1 glass) every 10-15 minutes during exercise
- after exercise drink 1.5 times your fluid deficit to ensure you are fully re-hydrated.

FITNESS LEVELS

Sports Medicine Australia (SA Branch) advises:

An overweight or unconditioned athlete, official or volunteer will generally be more susceptible to heat stress.

- Refer to Sports Medicine Australia's (SA Branch) free DRINK UP brochure available from any local National Pharmacy.

Female participants may suffer more during exercise in the heat, due to their greater percentage of body fat.

Young children are especially at risk in the heat. Prior to puberty, the sweating mechanism essential for effective cooling, is poorly developed. The ratio between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions. They also take longer to acclimatise to exercise in the heat than adults.

Coaches should be aware of this and limit training for non-acclimatised children during exposure to hot environments.

Veteran participants may also cope less well with exercise in the heat.

1.23 WET WEATHER

POSTPONEMENT/CANCELLATION

In the event of severe inclement weather on the day of the tournament or event, the Director of Shooting will, in consultation with the Organising Committee, decide whether the event proceeds

Each competition venue **will** have the necessary equipment to view the Bureau of Meteorology website and radar.

As a rule, the competition will not be postponed for anything other than lightning. However, if a severe weather front occurs (e.g. hail and/or gale force winds), shooting may be delayed or interrupted until the severe weather abates.

In the event that a tournament or event is unable to be re-scheduled, and provided all competitors have completed half of the event, the scores recorded will determine the final results.

LIGHTNING SAFETY CODE

This Lightning Safety Code adopted by ARCHERY SA applies to all activities held by or under the auspices of ARCHERY SA.

Prior to the activity, the provider must identify a safe shelter (see next page).

Before the activity, the provider must advise participants about the safe shelter and what actions to take in case of lightning strike.

If there is danger* from lightning, the safety plan will be implemented whereby all participants and other personnel associated with the activity are cleared from the open area and surrounds and moved to safe shelter.

** The lightning safety code is based on the 30/30 rule and requires the activity to be stopped when the lightning/thunder ratio reaches 30 seconds or less (i.e. the time between when the lightning is seen and the thunder is heard is 30 seconds or less.) This means that the lightning is 10 km away and the next strike has a "significant risk" of hitting participants.*

ARCHERY SA emphasises that participants in a competition have the right to stop play if they feel they are threatened by lightning, even though the organiser(s) or Director of Shooting may not have authorised it specifically by signal.

Explanation:

The activity should not re-commence until 30 minutes after the last observed lightning strike and thunder.

The first part of the "30/30" rule is a guide to the **postponement** or **suspension** of activities. Most experts agree that the accepted 'safe' distance from lightning is more

than 10 kilometres. This means that as **the time interval between observing the flash and hearing the thunder approaches 30 seconds**, all those in exposed areas should be seeking or already inside safe shelters. A storm cell with lightning activity within 10km constitutes a threat.

The second part of the 30/30 rule provides the criteria for the **resumption** of activity which is applicable to decisions made with BOM access as well. Here, it is recommended that people **wait a minimum of 30 minutes after the last sighting of lightning or sound of thunder**. This figure is based on the observation that the typical storm moves at about 40km/h. Thus, waiting 30 minutes allows the thunderstorm to be about 20km away, minimising the likelihood of a nearby lightning strike. Note: 60 minutes is the maximum delay time.

It is important to emphasise that blue skies and lack of rainfall are not adequate reasons to breach the 30 minute minimum return-to-activity rule.

Sources:

- Australian Bureau of Meteorology (www.bom.gov.au/info/thunder/#protection)
- Medical Journal of Australia (www.mja.com.au/public/issues/177_01_010702/mak10009_fm.html)
- Australian Football League (www.afl.com.au/policies)
- Hockey NSW (www.hockeynsw.com.au)
- US National Lightning Safety Institute (www.lightningsafety.com)

Personal Lightning Safety Tips

1. **PLAN** in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities.

2. **IF OUTDOORS...** Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.

Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.

Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:

A. **Crouch down.** Put feet together. Place hands over ears to minimise hearing damage from thunder.

B. **Avoid proximity** (minimum of 5 metres) to other people.

3. **IF INDOORS...** Avoid water. Stay away from doors and windows. Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

4. **SUSPEND ACTIVITIES** for 30 minutes after the last observed lightning or thunder.

5. **INJURED PERSONS** do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. **Call 000** or send for help immediately.

6. **KNOW YOUR EMERGENCY TELEPHONE NUMBERS.**

Teach this safety slogan: "If you can see it, flee it; if you can hear it, clear it"

Prepared by the National Lightning Safety Institute, Louisville, CO, USA

10 May, 2012

1.24 JUDGES TRAVEL ALLOWANCE

For Judges officiating at ARCHERY SA events and who need to travel more than 50 km to a venue, a reimbursement of travel costs is available (as approved by the Board in consultation with the Officials Committee).

RELATED DOCUMENTS

- State Calendar (online)

AUTHORISATION

Sue Martin, Secretary
ARCHERY SA
13 July, 2017