

# Archery for Disabled People in Scotland



This fact sheet provides an overview of Archery for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to participate or coach disabled people in Archery.

## The Development of Archery

The first archery competition for those with physical impairments was held at the Stoke Mandeville Hospital in 1948, and it was one of the original Paralympic sports at the Rome 1960 Paralympic Games.

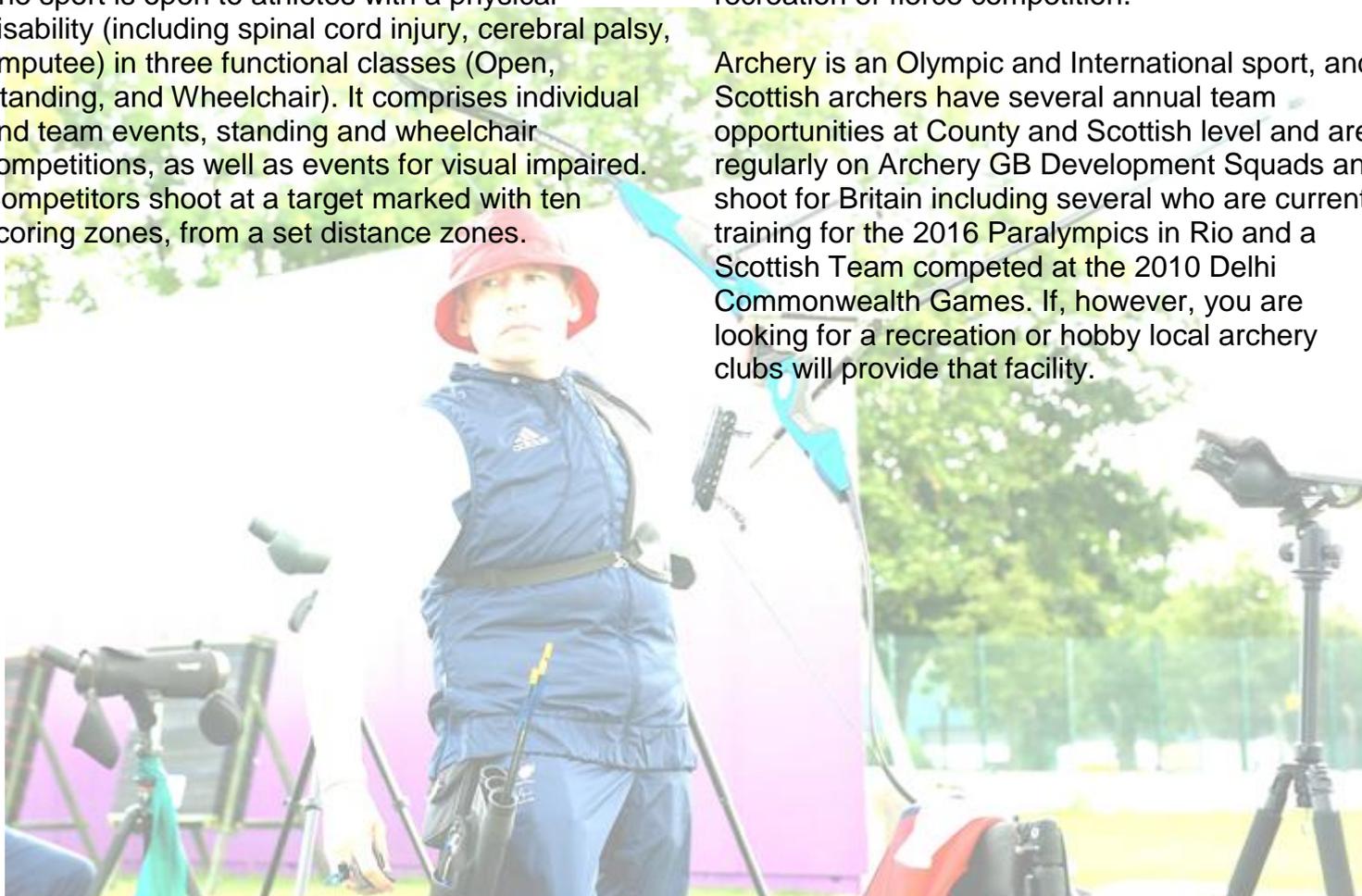
The sport has three different classifications for athletes with a disability and athletes in 54 countries are currently practicing archery to international level. It is comprised of individual and team events in both standing and wheelchair competitions. Athletes shoot from a distance at a target marked with 10 scoring zones.

The sport is open to athletes with a physical disability (including spinal cord injury, cerebral palsy, amputee) in three functional classes (Open, Standing, and Wheelchair). It comprises individual and team events, standing and wheelchair competitions, as well as events for visual impaired. Competitors shoot at a target marked with ten scoring zones, from a set distance zones.

Scottish Archery is the Scottish Governing Body for Archery in Scotland. It is affiliated to the UK national governing body, ArcheryGB and through them to the World governing body—World Archery. It is also associated to the Scottish Sports Association and sportscotland. A very inclusive and social sport, archery attracts seniors, juniors, young and old as well as able and disabled all participating and competing together.

Archery is one of the few sports that can be enjoyed by almost everyone, whether they be able-bodied, or have a disability. It is a sport where beginners can compete next to an Olympic archer. Archery provides something for everyone - social recreation or fierce competition.

Archery is an Olympic and International sport, and Scottish archers have several annual team opportunities at County and Scottish level and are regularly on Archery GB Development Squads and shoot for Britain including several who are currently training for the 2016 Paralympics in Rio and a Scottish Team competed at the 2010 Delhi Commonwealth Games. If, however, you are looking for a recreation or hobby local archery clubs will provide that facility.



There are four types of archery:

**Target** - In target archery the shooting line is fixed and targets are set out at known distances on a flat field.

There are a variety of competitions shot, with each competition consisting of a set number of dozen arrows at several distances. Sets of three or six arrows are shot and scored until the required numbers have been completed. The targets are moved in to the next distance and so on until the competition has been completed. Distances range from 20yds/18m indoors up to 100yds/90m for men and 80yds/70m for women outdoors. All age groups, genders and bow types can shoot together on the same field as there are several different versions of most competitions, though each only competes against others in the same category.

**Field** - In field archery targets are set out at varying distances on uneven terrain usually a woodland setting with at least a few hills and slopes. A variety of field rounds may be shot, with each round consisting of a set number of targets at distances usually from 5 to 60 metres. Distances shot are randomly laid out round a course. Archers could find themselves shooting at the longest distance at one target and at a much shorter distance at the next one. As well as varying terrain requiring archers to adapt his/her shooting position, hitting the target also involves uphill or downhill shots. For some competitions distances are unmarked so archers have to estimate distance. All ages and sexes can compete on the same course though each only competes against others in their own group.

**Clout** - Probably the oldest form of archery competition dating from the middle ages. Introduced to make archery training for war more enjoyable. Initially the target was a six foot post set in the ground at a long distance. In the archery revival of the late seventeenth century, the Royal Company of Archers (of Edinburgh) first practiced 'Clout Archery' using longbows to shoot at a 31" diameter white target at distances between 180 to 240 yards. The first recorded competition was in 1676.

**Flight** - Perhaps the simplest form of the sport. The aim is to shoot an arrow as far as possible. Conversely it is at its most complicated in that specialist bows are made to maximise the power and arrows specially designed to minimise drag are used.

Scottish Archery is the governing body for archery in Scotland and is run completely by volunteers. If you are looking for a club in your area, please contact the Regional Administrator. All contacts can be found on the SAA website on the following link:

<http://www.scottisharchery.org.uk/contacts.php>.

## The Classifications

- W1 class – is defined as a tetraplegic or comparable disability (impairments in both arms and legs). The archer is in a wheelchair.
- W2 class – is defined as paraplegic or comparable disability (impairment is mainly in the legs). The archer is in a wheelchair.
- ST class – is defined as an archer who is standing or shooting from a stool or a normal chair.

## Bow category

There are two bow categories:

- Recurve
- Compound

After this classification process the archer will be given a card which indicates if the archer is W1 - most severely disabled, W2 - still in a wheelchair, or ST which means the athlete is able to stand but may also use a stool to shoot from.



## Coach Education

Coach education is integral to increasing participation and excellence in archery. Those wishing to start a coaching pathway start off with a UKCC Level 1 recognised coaching qualification which effectively allows them to teach others the basic skills and rules of archery. There is then a pathway allowing individuals to progress as far as National or Olympic coaches if this is a path they wish to follow.

## Helpful Resources

World Archery – IPC Classification Guidebook  
<http://www.worldarchery.org/PARA-ARCHERY/Classification/Classification-Guidebook>

General Rules of Archery  
<http://www.worldarchery.org/PARA-ARCHERY/General/Rules>

Archery for beginners guidebook  
<http://www.archerygb.org/archery/3064.php>

It is always recommended that you do not purchase any archery equipment until you have joined a properly affiliated and regulated archery club.

## Facts & Figures

Dr GUTTMANN - later to become [Professor Sir Ludwig GUTTMANN](#) - set up a spinal injury unit at Stoke Mandeville for those who were spinal cord injured in the Second World War. He revolutionised the treatment of these people by introducing sport as part of the rehabilitation process. In 1946 archery was introduced to this programme, and by 1948 the first competition was held on the front lawn of the hospital. This was the start of the great sport movement for the disabled which continues to grow today.

At the London 2012 Games, 140 athletes competed in nine different medal events.

Archery is also one of the only sports to have had disabled athletes compete both in Olympic and Paralympics and many medals have been won in able-bodied competition by disabled archers. The most known ones are Neroli Fairhall (NZL) and Danielle Brown (GBR).

## Leading Performers

Currently we have several archers on each of the Archery GB Senior, Junior and IPC Development Squads.

## Competitions

Scotland has a full and varied competition program throughout the year. With Fita Stars, Rose Status York, Herfords and Bristols and our own Scottish Thistle UKRS Fita's and Metrics, a very popular archery holiday on Skye, Flight, Clout and Papingo, we have very few free weekends in the season. We also enjoy tournament venues that rank alongside the best in the country.

SAA - Postal league - Postal competitions are usually held over the indoor season using a standard indoor round. They are a fun and convenient way for everyone, juniors and seniors alike, to pit their skill against other archers in other Clubs and can be combined with running a Club's own indoor league.



Scottish Archery has an extensive calendar of events which can be accessed via the following link:  
<http://www.scottisharchery.org.uk/events.php>

## Key Contacts

Administrator – Jacqui Dunlop – [scottisharchery@gmail.com](mailto:scottisharchery@gmail.com)

Chairperson - Michael Mather – [saa.chairperson@gmail.com](mailto:saa.chairperson@gmail.com)

Scottish Archery Disability Officer- Shelly Philips – [saa.disabilityofficer@gmail.com](mailto:saa.disabilityofficer@gmail.com)

## Key Websites

Scottish Archery—[www.scottisharchery.org.uk](http://www.scottisharchery.org.uk)

World Archery - <http://www.archery.org>



**Archery is a test of accuracy, strength and concentration**