**Archery Safety and Skills Checklist:**

1. String the Bow.
2. Unstring the bow.
3. Only the shooter in the shooting alley and all else behind shooting alley at all times.
4. Stable stance, soft knees, side toward target.
5. Bow in hand, string up between arm and torso.
6. Nock = up and over; odd guy to the sky; sandwich the arrow; three fingers maximum
7. Draw= Push with open grip; pull back to cheek; line from front wrist to back elbow
8. Freeze and Aim= 3-5 seconds
9. Release = quickly and smoothly pull hand back away from face
10. Follow through = hold steady until arrow hits target

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